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2017 - 2021 CODE OF POINTS

Seniors and Juniors



TEAMGYM

Edition 2017

Revision B June 2019

Introduction

This Code of Points applies to both Junior and Senior Competitions.

This version of the code has been substantially changed in an attempt to make the judging easier and fairer plus an attempt to align the format with the FIG codes. It takes into account the following aspects:

- Revised difficulties to balance the three apparatus
- Increased clarification of requirements
- Increased element specification
- Recent developments
- Feedback from the Technical Discussions
- Feedback from various Federations and individuals

The code is divided into four parts

- Part I The CoP and Rules for Participants
- Part II Evaluation of the Exercises
- Part III Apparatus
- Part IV Appendices

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This new code has gone through various development phases. All feedback has been considered. The committee wish to express their sincere thanks to everyone who put time into submitting their comments.

This 2017 version of the Code of Points completely replaces the revised 2013 code. The format has been updated to match the FIG codes in anticipation of possible future inclusion within the FIG.

This Code of Points was approved by the UEG Executive Committee on the 8th and 9th September 2017. It comes into operation on the 1st January 2018.

This version includes Revision A May 2018. It incorporates several clarifications and corrections that were discussed at the judges' courses in October and November 2017 and May 2018. It also includes Revision B June 2019 which contains clarifications from the European Championships in Odivelas (POR) 2018 and a new way of calculating the C- and D-panel scores on floor to better reflect the different viewpoints from the front and from the side of the floor area.

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ABBREVIATIONS

The following abbreviations will appear throughout the Code of Points:

A	Acrobatic Elements
C	Combination
C Score	Composition Score
CD Panel	Composition and Difficulty Panel
CF	Moving Curved Formation
CoP	Code of Points (Code)
D Score	Difficulty Score
DB	Dynamic Balance
DD	Difficulty Distribution
DV	Difficulty Value
E Panel	Execution Panel
E Score	Execution Score
EC	Executive Committee
F	Flexibility Element
G	Group Element
HB	Hand Supported Balance
J	Jumps, Hops and Leaps
JoA	Jury of Appeal
LOC	Local Organizing Committee
RS	Rhythmic Sequence
SB	Standing Balance
SEC	Secretary
SJ	Superior Jury
TC-TG	UEG Technical Committee for TeamGym
TR	Technical Regulations

UEG CODE UPDATES

After the Official UEG Competition the UEG/TC-TG publishes a Code Update

- This will include all new elements and variations with code numbers and illustrations
- The Code Update will be sent by the UEG office to all affiliated Federations together with the effective date from when it is valid.



PART I

THE CoP AND RULES FOR PARTICIPANTS

SECTIONS 1-5

PART I - THE CoP AND RULES FOR PARTICIPANTS

SECTION 1 – THE TEAMGYM CODE OF POINTS (CoP)

Art 1 TeamGym and the CoP

1.1 What is TeamGym?

TeamGym is a gymnastic discipline developed by the UEG from a competition format that developed in Scandinavia.

It is a competition for teams, which must present performances to music, on three apparatus; the Floor, the Tumble and on the Trampet (mini-trampoline).

There are Male teams, Female teams and Mixed teams (half male and half female), in both Junior and Senior categories. Each team may have between 8 and 10 gymnasts.

1.2 Purposes of the Code of Points (CoP)

The purposes of the Code of Points are to:

- Provide the basis of an objective means of evaluating TeamGym exercises, at all levels of regional, national, and international competitions
- Standardize the judging of the official competitions
- Assure the identification of the best teams in any competition
- Guide coaches and gymnasts in the composition of competition exercises

1.3 Configuration of the CoP

This code is divided into 4 Parts, which cover:

- The CoP and Rules for Participants
- Evaluation of the Exercises
- The Apparatus
- Appendices

The parts are divided into 10 Key Sections, which are subdivided into 32 Articles.

1.4 Technical Regulations

The Technical Regulations contain additional information covering such things as delegation composition, number of gymnasts, reserves, inquiries, juries, etc.

1.5 Directives for Equipment

The Directives for Equipment contain the minimal requirements for the gymnastic apparatus used for the UEG TeamGym European Championships.

SECTION 2 - REGULATIONS FOR GYMNASTS

Art 2 Rights of the Team

2.1 The Team is Guaranteed the Right to:

- a) Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points.
- b) Receive in writing the evaluation of the difficulty rating for a submitted new element within a reasonable time.
- c) Have their score publicly displayed, following their performance or in accordance with the specific regulations governing that competition.
- d) Repeat their entire exercise, if it has been interrupted for reasons beyond their control or responsibility, with permission of the Superior Jury. They may repeat the entire exercise at the end of the rotation, or if they are the last Team in the rotation, at a time at the discretion of the SJ.
- e) Receive, through their delegation leader, the correct result output, showing all their scores received in the competition.

2.2 The Team has the Right to:

- a) Have identical apparatus and mats in the warm-up hall and in the competition hall, that conforms to the specifications and norms for UEG official competitions
- b) Use magnesium (chalk) on all apparatus
- c) Have the coach check the settings of the Trampet and vault
- d) Have the coach move the additional safety mat in Trampet or Tumble

2.3 Warm-up in Qualifying & Final

- a) Each competing Team (including reserves) is entitled to a warm-up period of 10 minutes per apparatus, in the warm-up hall, prior to the competition
- b) The end of the warm-up period is signalled by an announcement of the next team on each apparatus. If at this time, a gymnast is still on the apparatus, he may complete the single element or series started. Gymnasts may not start another run

2.4 Award Ceremony Attire

To participate in the respective Award Ceremony, dressed in competition attire (leotards/unitards) according to UEG Protocol.

Art 3 Responsibilities of the Gymnasts

3.1 Know the Code

Gymnasts should be fully aware of the Code of Points and other relevant documents and to conduct themselves accordingly.

Art 4 Duties of the Gymnasts

4.1 General

- a) One gymnast from the Team may present to the E1 judge, in the proper manner (arm/s up), when the green flag (or light) is shown
- b) To refrain from changing the height of any apparatus
- c) To refrain from speaking with active judges during the competition
- d) To refrain from delaying the competition, by remaining in the competition hall for too long
- e) To refrain from any other undisciplined or abusive behaviour or infringing on those of any other participant (i.e. marking the floor/run up, damaging any apparatus surface)

4.2 Competition Attire

4.2.1 Gymnasts

Gymnasts must wear sportive, non-transparent attire. All parts of the competition attire must be non-transparent. A neat and proper athletic appearance should be the overall impression, with the clothing being identical for members of the same team, with some exceptions for mixed teams (see 4.2.4). Clothing must not be baggy or loose.

Deductions applied by the E1 judge for a) to e) are marked with (E1) and by the Superior Jury for f) and g) marked with (SJ).

- a) The wearing of gymnastic footwear is optional on each apparatus, but if chosen for the Floor Program, they must be worn by entire team (E1)
- b) Bandages (including joint supports) are permitted but must be securely fastened and of a non-intrusive colour. This means skin colour. Bandages can also be hidden under the competition clothing. For clarification, visible bandages shall always have the same colour as the area they cover (E1)
- c) No jewellery of any kind may be worn by gymnasts. Decorated hair grips (slides), ear studs and piercings are classed as jewellery – taping to hide them is not allowed (E1)
- d) Body paint is not allowed (tattoos are not deductible) (E1)
- e) Loose items such as belts, suspenders/braces and laces are not allowed (E1)
 - Hair grips must be secure and safe (E1)
 - Competition numbers must not be loose or missing (E1)
- f) They must wear a national identification or emblem on the leotard/unitard in accordance with the most recent UEG Publicity Rules (SJ)
- g) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent UEG Publicity Rules (SJ)

4.2.2 Women

Gymnasts must wear a leotard or unitard (one-piece leotard) with no loose parts. Deductions by the SJ as shown by (SJ). Wearing leggings is optional.

- a) The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum at the front and no lower (further) than the lower line of the shoulder blades (SJ)
- b) Leotards/unitards may be with or without sleeves. Shoulder strap width must be minimum 2 cm (SJ)
- c) The leg cut of the leotard may not extend beyond the hip bone (maximum) (SJ)
- d) The length of arms is optional, as well as the length of legs of unitards and leggings. They must be skin tight over whole leg – not baggy at all (SJ)
- e) The leggings may be worn under or over the leotard (SJ)

4.2.3 Men

Gymnasts must wear a leotard, unitard or a gymnastic sports shirt, with either a pair of gymnastics shorts or fitted long trousers that are not loose. (SJ)

The top of the men's attire must not have an open cut below half the sternum at the front or below the shoulder blade at the back (SJ)

4.2.4 Mixed

The women and men must follow the rules in 4.2.2 and 4.2.3 respectively. (SJ)

Women's and men's clothing do not have to be identical, or even similar, but all women must wear identical clothing, as do all men - for example women can wear one colour and men a different one (SJ)

4.2.5 Competition Numbers

Competition numbers are used to identify the gymnasts for the audience, the press and especially for the All Stars selection. The team must provide and wear numbers (1 to 20) to identify their gymnasts. If the whole team have no numbers, the deduction is by the SJ. Individual missing or loose numbers are covered by the E1.

- a) Numbers must be the same size and same font. The numbers must be clear, from 8 mm to 10 mm thick and approximately 8 cm high (SJ)
- b) Placing the numbers (SJ):
 - When wearing long trousers, leggings or unitard, the numbers must be placed on both thighs, to the side, to the upper part of the thigh
 - When wearing shorts, the numbers must be placed on to both sides, as low as possible
 - When wearing only a leotard (no trousers, shorts or leggings) the numbers must be placed on both sides, above the hipbone
- c) Numbers must differentiate clearly from the background (e.g. white numbers on black trousers) (SJ)

Art 5 Penalties for Unacceptable Behaviour

- The penalty for a violation of the rules and expectations in Art 4 is -0.30 for behavioural violations and apparatus related violations (SJ)
- The penalty is deducted by the Chair of the Superior Jury, from the Final Team Score (SJ)
- In extreme cases, the gymnast, team or coach may be expelled from the competition hall, by the SJ, in addition to suffering the specified penalty (SJ)

Gymnast Behaviour Related Violations covered by Superior Jury (May be notified by the E1)	
Violation	Penalty
Unauthorised remaining in the Competition Hall	0.30 per item from the Final Team Score
Other undisciplined or abusive behaviour	
Missing national identification or emblem and/or wrong placement	
Incorrect Advertising	
Incorrect Competition Attire	
Whole team missing competition numbers	

All other penalties are covered by the E1	
Violation	Penalty
Violations of attire <ul style="list-style-type: none"> ▪ Missing a number ▪ Incorrect attire – jewellery, bandage colour, body paint or footwear, etc. 	0.30 from the Final Apparatus Score. See 24.7, 28.6 and 32.6

Art 6 Gymnasts' Oath (FIG TR 7.12.2)

“In the name of all gymnasts I promise that we shall take part in their European Championships [or any other official UEG Event] respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of the gymnasts.”

SECTION 3 – RULES FOR COACHES

Art 7 Rights of the Coaches

7.1 The Coach is Guaranteed the Right to:

- a) Submit written requests related to the rating of a new element
- b) Have three coaches present on all apparatus, during training and warm up
- c) Submit written details of apparatus set up
 - Which Trampet required
 - Height of Trampet and Distance from the Vault
 - Height of Vault
 - Presence of additional mat
- d) Check the set-up of apparatus immediately prior to competition
- e) Have one coach present on tumble during the routine for reasons of safety
- f) Have two coaches present on trampet landing area, during the routine, for reasons of safety
- g) Move trampet to/from vault during the routine
- h) Have their team's score publicly displayed following their performance or in accordance with the regulations governing that competition
- i) Inquire, via a nominated person, to the Superior Jury concerning the evaluation of the difficulty of the routines

Art 8 Responsibilities of the Coaches in the Competition Area

8.1 General

- a) To know the Code of Points and other relevant documents and to conduct themselves accordingly
- b) Submit the names of the team members, the tariff forms and other information required in accordance with the Code of Points and/or the UEG Technical Regulations that govern that competition
- c) Refrain from changing the height of any apparatus without specific permission
- d) Refrain from delaying the competition, deliberately obstructing the view of the judges and from otherwise abusing or interfering with the rights of any other participant
- e) Refrain from speaking to the gymnasts or from assisting them in any other way (give signals, shouts or similar) during their performance (E1)
- f) Refrain from discussions with active judges or other persons outside the competition area, during the competition (except: team doctor, delegation leader)
- g) Refrain from any other undisciplined or abusive behaviour
- h) Conduct themselves in a fair and sportsmanlike manner at all times
- i) Participate in a sportsmanlike manner in any applicable Award Ceremony

8.2 Coaches' Clothing

- a) Coaches must wear matching sportive attire when standing in (SJ)
- b) Coaches must wear clothing that identifies their country competing (SJ)
- c) Coaches must not wear items that can be a danger or disturb the overall impression, when standing in for catching or supporting (E1). This includes:
 - Insecurely fastened or intrusive bandages
 - Jewellery, watches and rings etc.
 - Loose items such as belts, suspenders or braces
 - Unsecure hair grips
 - Lanyards (Accreditation or other)

Coaches' Clothing Violations covered by Superior Jury (May be notified by the E1)	
Violation	Penalty
Incorrect Coaches' Attire	0.30 per item from the Final Team Score by Superior Jury
Incorrect Advertising	
Missing national identification or emblem	

Other penalties are covered by the E1	
Violation	Penalty
Jewellery, bandage colour, loose items, lanyards, etc.	0.30 from the Final Apparatus Score. See 28.6 and 32.6

8.3 Catching or Supporting

- a) Security spotting for the Tumble and Trampet is required during the whole team performance. This should include training and warming up
- b) The Execution Head Judge (E1) on Tumble/Trampet will only signal the start of the program when the security spotting is in place
- c) Catching or supporting will always result in deductions (E panel)
- d) Failure to react in dangerous situations will also result in deductions (E panel)
- e) Coaches are not allowed to give any instructions to the gymnasts and/or disturb them during the performance (E1)
- f) Number of Coaches Permitted in the Competition Area:
Qualifying Competition and Final Competition:
 - Floor – No coach
 - Tumble – 1 coach
 - Trampet – 2 coaches
- g) An area will be provided for other coaches, medical staff and reserves during the performance

8.4 Declaration of the Elements

- a) The proposed elements of the Floor, Tumble and Trampet exercises are to be entered on the electronic system, access to which will be notified by the organiser
- b) The Tariff Forms must be completed electronically prior to accreditation
- c) Corrections, on Tariff Forms, can be made before the time stated in the Work Plan
- d) If a team qualify for the Finals, new Tariff Forms must be re-entered in the system as stated in the Work Plan

8.4.1 Floor Tariff Forms

How to mark elements on the tariff form.

- a) Additional composition elements/ requirements
 - Flexibility elements F
 - Group element G
 - Rhythmic sequence RS →, RS ←
 - Difficulty distribution DD marked with a horizontal line
- b) Difficulty
 - A maximum of nine difficulty elements can be marked on the tariff form
 - Difficulty elements must be marked beside the formation where to be performed and in the correct order of performance
 - Symbols and code numbers for the elements that are to be counted towards the D score
 - Combination of two marked difficulty elements } C
 - Values of difficulty elements counted
- c) Choreographic requirements
 - Each formation (different shape) to be shown, in the order they are to be performed so that each gymnast's position is clearly marked. Only different shapes to be marked, not different locations (of the same shapes). The Rhythmic sequence should be shown in one box unless the shape changes
 - Moving Curved Formations are marked CF
 - Planes →, ←, ↑
 - Directions <, >, ^, v

8.4.2 Tumble Tariff Forms

- Symbols for all elements in the series
- Values of difficulty elements counted

8.4.3 Trampet Tariff Forms

- Symbols for the elements
- Values of difficulty elements counted

8.5 Penalties for Coach Behaviour

By Chair of Superior Jury	Warning System
Behaviour of Coach <u>with no direct impact</u> on the result/performance of the team	
Unsportsmanlike conduct	1 st time – verbal warning
	2 nd time - removal of coach from the competition
Other flagrant, undisciplined and abusive behaviour	Immediate removal of coach from the competition
Behaviour of Coach <u>with direct impact</u> on the result/performance of the team	
Unsportsmanlike conduct Other flagrant, undisciplined and abusive behaviour	1 st time – 0.50 from final score of the team and verbal warning to coach
	2 nd time – 1.00 from final score of the team and removal of coach from the competition area
Coach speaks aggressively to active judges	

Art 9 Inquiries (TR Art 6)

General procedures for the request of marks reviews (Inquiry) is included in Art 6 of the Technical Regulations, (See Art 1.4 above). For the detailed procedure, please refer to the Work Plan for that Championships.

Art 10 Coaches' Oath

"In the name of all Coaches and other members of the athlete's entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and ethics is fully adhered to and upheld in accordance with the fundamental principles of Olympism. We shall commit ourselves to educating the gymnasts to adhere to fair play and drug free sport and to respect all UEG Rules governing the European Championships."

SECTION 4 - RULES FOR THE TECHNICAL COMMITTEE

At official UEG Competitions, the members of the UEG TeamGym Technical Committee will constitute the Superior Jury and act as Apparatus Supervisors at the different apparatus.

Art 11 The Technical Committee

11.1 The President of the TC-TG

The President of the TeamGym Technical Committee or his representative will serve as Chair of the Superior Jury. The responsibilities include:

- a) The overall Technical Direction of the competition as outlined in the Technical Regulations
- b) To call and chair all judges' meetings and instruction sessions
- c) To apply the stipulations of the Judges' Regulations relevant to that competition
- d) To make sure that the time schedule published in the Work Plan is respected
- e) To control the work of the Apparatus Supervisors and intervene if deemed necessary. Except in cases of difficulty enquiries, generally, no change of score is allowed after the score has been shown on the score board
- f) To deal with inquiries as outlined herein
- g) In cooperation with the members of the Superior Jury, to issue warnings to or replace any person, in any judging role, who is considered to be unsatisfactory or to have broken their oath
- h) To conduct an analysis, with the TC, to assess judging errors and bias and if required submit the results to the UEG Disciplinary Commission
- i) To supervise the checking of the apparatus measurement specifications according to the TeamGym Equipment Directives
- j) To supervise the validation of the scoring system
- k) In unusual or special circumstances may nominate a judge to the competition
- l) To submit a report to the UEG Executive Committee, which must be sent to the UEG Office as soon as possible, but no later than 30 days after the event, which contains the following:
 - General remarks about the competition including special occurrences and conclusions for the future
 - Analyses of the judge's performance
 - Detailed list of all interventions and score changes
 - Technical analyses of the D judges' scores

11.2 The TC-TG Members

During each phase of the competition, the members of the TeamGym Technical Committee or their representatives will serve as members of the Superior Jury and as Apparatus Supervisors.

Their responsibilities include:

- a) Participating in the direction of the judges' meetings and instruction sessions and guiding the judges to perform the correct work on their respective apparatus
- b) Applying the Judges' Charter with fairness, consistency and completely in accordance with the currently valid regulations and criteria
- c) Overseeing the total evaluation and the final scores for each Team
- d) Checking the apparatus used at training, warm-up and competition with the UEG Equipment Directives, prior to the start of the competition
- e) Checking and validating the scoring system
- f) Checking and validating the video recording systems
- g) Checking and approving the judges' seating arrangements, including refreshments etc.

SECTION 5 – RULES FOR JUDGES AND JURIES

Art 12 Judges' Responsibilities

12.1 General

Every Judge is fully and alone responsible for their scores.

All members of the Apparatus Juries have the responsibility to:

- a) Have a thorough knowledge of:
 - The UEG Technical Regulations
 - The UEG Code of Points
 - The UEG Judges' Charter
 - Any other technical information necessary to carry out their duties during a competition
- b) Have extensive knowledge in contemporary gymnastics and understand the intent, purpose, interpretation, and application of each rule
- c) Be in possession of the international Judge's Brevet valid for the current Cycle and produce the Judge's Log Book
- d) Attend all scheduled instruction sessions and meetings of judges before the respective competition
- e) Follow any special organizational or judging related instruction given by the governing authorities (i.e. Scoring system instructions)
- f) Attend competition hall training whenever possible
- g) Be capable in fulfilling the various necessary duties, which include:
 - Correctly completing any required score sheets
 - Using any necessary score entry system
 - Facilitating the efficient running of the competition
 - Communicating effectively with other judges
- h) Be well prepared, rested, vigilant, and punctually present before the start of competition, according to the instructions in the Work Plan
- i) Wear the UEG prescribed competition uniform (dark blue/black suit - skirt or trousers - and white blouse/shirt and tie)
- j) Every judge confirms the scores by entering their scores into the computer (electronic submission) or when using score slips by signing the secretary's form, before leaving the panel, after each competition

12.2 Judges' Behaviour

During the Championships all judges must:

- a) Behave at all times in a professional ethical manner
- b) Fulfil the functions outlined as specified in Article 12 above
- c) Evaluate each exercise accurately, consistently, quickly, objectively and fairly and when in doubt, give the benefit of that doubt to the team
- d) Maintain a record of their personal scores
- e) Remain in assigned seat, except with permission of E1 (or CD1 on floor)
- f) Refrain from having contact or discussions with gymnasts, coaches, delegation leaders or other judges, during the competition

Penalties for inappropriate evaluation and behaviour by judges will be in accordance with the current version of the UEG Judges' Charter and/or the TR that apply to that competition.

Art 13 Composition of the Apparatus Juries

13.1 The Apparatus Juries (Judges' Panels)

For the official UEG European Championships, the Apparatus Jury will consist of:

- A CD Panel (Composition and Difficulty) and
- An E Panel (Execution)

The CD1 and E1 Judges are the panel Head Judges and they are appointed by the UEG Technical Committee in accordance with the most current UEG Technical Regulations.

The supplementary positions for the panels will be drawn under the authority of the TC, in accordance with the current Technical Regulations or Procedure that govern that competition.

The structure of the Apparatus Juries for the European Championships is:

European Championships Panel Judges	
Floor Jury	Tumble and Trampet Juries
E Panel – E1, E2, E3 & E4	E Panel – E1, E2, E3 & E4
CD Panel – CD1, CD2, CD3 & CD4	CD Panel – CD1 & CD2

On Floor, the E-panel and CD1 and CD2 sit together (front panel) and CD3 and CD4 sit together (side panel). On Tumble and Trampet, the panels sit together at a single table.

Modifications to the Judges' Panels are possible for other international competitions and for national and local competitions.

Art 14 Duties of the Judges

14.1 The CD Panel

- a) The CD Panel Judges evaluate independently, without bias and determine the C score content and the D score content
- b) The C score allows for Composition Requirements
- c) The D score content includes the Difficulty Value of the approved elements
- d) The secretary (or individual judges) enters the C score and the D score into the computer

14.1.1 The CD Panel Duties

- a) During the competition, check the value of difficulty elements, which comply with the norms of the Floor, Tumble or Trampet for the D score
 - On Floor, each judge evaluates the outcome for each skill and notes which they award, which they half, and which they do not give. A similar procedure is used for the choreographic elements and requirements.
 - On Tumble and Trampet, the average of the difficulty of all three rounds is the Judge's D Score
- b) Complete the score slips for the C and D panels with a legible signature or enter the results into the computer
- c) On Floor, there are no tolerances or discussions. However, on occasion CD judges may need to confer on the interpretation of the Code or the tariff sheets
- d) On Tumble and Trampet, if the panel scores are out of tolerance, the CD judges are allowed to discuss their scores and if required, amend their individual C score and/or D score

14.1.2 The CD1 Duties

- a) Ensure both CD2 and CD4 judges time the difficulty distribution on floor
- b) Submit their judgement before they see the other judges results
- c) On Floor, evaluate the outcome of each skill based on the judgement of the panel. See 20.4 on how to calculate the C and D panel scores
- d) On Tumble and Trampet, review the tolerances between the judges' composition and difficulty scores
 - Call the judges to a meeting in the case of an unacceptable score difference
 - If scores remain out of tolerance, calculate the base score for difficulty or for composition
- e) Calculate the Final Composition and Difficulty Scores for their apparatus
- f) Complete separate score slips for the panel C score and the panel D score or enter them into the computer
- g) Join the Superior Jury to review any inquiries of the D score
- h) After the competition, submit a written competition report as directed by the TC-TG President, with the following information:
 - forms listing violations, ambiguities and questionable decisions with the identification of the Team
 - the DVs and changes in difficulty

14.2 The E Panel

- a) The E Panel Judges evaluate independently, without bias and determine their E score. Discussion is not allowed
- b) The secretary (or individual judge) enters the individual judge's E scores into the computer to an accuracy of 1 decimal place

14.2.1 The E Panel Duties

- a) Observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges
- b) Record the deductions on Floor for:
 - Execution deductions
 - Choreographic requirement deductions
- c) Record the deductions on Tumble and Trampet for:
 - Execution deductions
- d) Complete the score slip with a legible signature or enter their score into the computer
- e) After delivering their individual scores, if the panel scores are out of tolerance, the E judges are allowed to discuss their scores and if required, amend their individual E scores
- f) Be able to provide a personal written record of their evaluation of all exercises

14.2.2 The E1 Duties

- a) Take the role of Lead Head Judge in the respective apparatus
- b) Display the green flag, light, or other signal, when the team must begin their routine
- c) Ensure that the routine's time is recorded by E2
- d) Calculate and submit their score before they see the other judges scores.
- e) Note Execution Head Judge deductions
- f) Review the tolerances between the E judges' scores
- g) Call a judges' meeting in the case of an unacceptable score difference
- h) Calculate the base score for Execution, if needed
- i) Calculate the Final Panel Execution Score and submit it and the HJ deductions to the secretary
- j) Inform the panel, if there are any Head Judge Deductions, after the judges submit their score
- k) Link with the Apparatus Supervisor
 - Inform the Apparatus Supervisor of any behaviour faults. (Art 5 and 8.5)
 - Inform if an interruption of the program was caused by the team or a technical matter
- l) Apply deductions as per Articles 24.7, 28.6 and 32.6

14.3 Function of the Reference Judges

There are no Reference Judges in TeamGym.

14.4 Rights of Judges

In the case of any action taken against a judge, they have the right to file an appeal to the:

- a) Superior Jury, if the action was initiated by the Apparatus Supervisor or
- b) Jury of Appeal, if the action was initiated by the Superior Jury

14.5 Functions of the Secretaries

- a) The Secretaries need to know the CoP and the scoring system. They are usually appointed by the Organizing Committee
- b) The Secretaries support the judges in using the scoring system. They should also be in contact with the Organizing Committee for a smooth running of the competition.

Art 15 Seating Arrangements of the Judges

The judges will be seated at a location and distance from the apparatus which permits an unobstructed view of the total performance and which permits them to fulfil all their evaluation duties.

Floor – front panel

E4	E3	E2	E1	Sec	CD1	CD2
----	----	----	----	-----	-----	-----

The front panel shall be situated in line with the centre of the floor area and shall be elevated approximately 3 to 4 metres as shown in the Equipment Directives.

Floor – side panel

CD3	Sec	CD4
-----	-----	-----

The side panel shall be situated in line with the centre of the side (left or right) of the floor area as shown in the Equipment Directives.

Tumble/Trampet

E4	E3	E2	E1	Sec	CD1	CD2
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The Tumble and Trampet Panels shall be situated as shown in the Equipment Directives.

Variations in the seating arrangement are possible depending on the conditions available in the competition hall.

Art 16 Judges' Oath (TR 7.12)

At the European Championships, and other important international events, juries and judges pledge to respect the terms of the Judges' Oath.

“In the name of all the judges and officials, I promise that we shall officiate in these European Championships (or any other official UEG Event) with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship.”



PART II

EVALUATION OF THE EXERCISES SECTIONS 6-7

PART II - EVALUATION OF THE EXERCISES

SECTION 6 - RULES GOVERNING THE SCORES

Art 17 Content of the C Score

The composition Requirements are described in the respective apparatus Sections.

A maximum of 4.00 is possible on Floor and 2.00 on Tumble and Trampet.

Art 18 Content of the D Score

The D Score is the summation of the Difficulty Values of all approved elements from the Table of Difficulty for the specific apparatus.

The DVs are the values from the Table of Difficulty in the Appendices. The total D-score is open ended and only restricted by the number of elements that may be performed. The difficulty of these elements may be expanded as needed.

18.1 Recognition of the DV of Elements

- a) The CD Panel will recognize the difficulty value of the element unless there is a failure to meet the technical requirement. On Floor, only elements marked in the Tariff form will be considered
- b) To reward DV an element must be performed according to the description of the body position in the Table of Difficulty

18.2 Recognition of Elements Performed

- a) On Floor
 - Elements will be recognised if they meet the requirements in the Appendices A1, A4 and A5
 - All recognised elements must be marked on the tariff form
- b) On Tumble and Trampet
 - Elements will be recognised if they meet the requirements in the Appendices A2, A3 and A4

18.3 New Elements

Federations are encouraged to submit new elements that have not yet been performed and/or do not yet appear in the Table of Difficulty.

Send New elements to the TC-TG by electronic mail, via the UEG, at any time during the year.

- a) The request for evaluation must be accompanied with technical drawings, as well as with a video
- b) In principle, only those elements which have been performed in a TeamGym European Championships will appear in the Code of Points
- c) In order to be recognized as a new element, the element must be successfully performed at a UEG Championships
- d) The new elements must be presented no later than two months before the championships
- e) The TC-TG will evaluate the Difficulty Value of new elements
- f) The decision will then be communicated as soon as possible in writing to the Federation
- g) The judges will be informed immediately before the respective competition

Art 19 Content of the E Score

For perfection of execution, combination and artistry of presentation, the team may earn a score of 10.0.

Bonus (0.1) can be added to each judge's execution score.

On Floor, the Judge's E score is the sum of the execution faults and any missing choreographic requirements taken from a maximum value of 10.0.

On Tumble and Trampet, the Judge's E score is the average of sum of the execution faults for each round, taken from a maximum value of 10.0.

SECTION 7 - CALCULATING THE SCORES

Art 20 Rules for Calculating the Score

20.1 General

The rules governing the evaluation of the exercises and the determination of the Final Score are identical for both Qualification and Finals.

20.2 Division of Points

	Floor	Tumble	Trampet
Composition (C)	4.0	2.0	2.0
Difficulty (D)	Open	Open	Open
Execution (E)	10.0	10.0	10.0

20.3 Calculating the Final E Panel Scores

- After each performance, the judges calculate their score to one decimal place and submit this to the HJ (E1)
- The E1 reviews the scores, to see if they are in tolerance
- If they are in tolerance, the Final Panel Score is the average of the two middle scores
- If they are not within tolerance the E1 will either call a meeting or will discuss a concern with one judge
- If judges are unable to agree, the base score is used

20.3.1 Tolerance Between Judges' for Final E Scores

- For Floor, Tumble and Trampet, the difference between all the allowable judges' scores and the two middle scores are as shown in the table:

Final E Score between	Allowable Tolerances for middle scores	Allowable Tolerances for all judges' scores
9.00 - 10.00	0.2	0.6
8.00 - 8.95	0.3	0.6
7.00 - 7.95	0.4	1.0
6.00 - 6.95	0.5	1.0
< 6.0	0.6	1.0

- The E1 judge needs to calculate the preliminary Final E Score before checking the tolerance
- If the difference among all the judges is too large or the difference between the middle scores is not in tolerance, the Head Judge (E1) calls a meeting to discuss the score.

d) At the meeting, the following actions may be taken:

- The judges may adjust their scores so that they are in allowable tolerance
or
- The Base Score is used as the Final E Score, if the judges cannot agree

20.3.2 Calculation of the E-panel Base score

Base Score for a four-judge panel

$$\text{Base Score} = \frac{\text{Average of the 2 middle scores} + \text{score of Head Judge}}{2}$$

Example for a 4 judge E panel:

Head Judge	8.3*
Judge E2	8.9
Judge E3	8.3
Judge E4	8.8*

The Final Score would be 8.55, but the middle two scores remain out of allowable tolerance, so the Base Score will be used.

The Final Score = The Base Score = $(8.55 + 8.3) / 2 = \mathbf{8.425}$ (to 3 decimal places)

20.4 Calculation of the Final CD Panel Scores on Floor

- After each performance, the judges evaluate the outcome for each difficulty element, any combination between the marked difficulty elements and the composition elements/requirements
- They submit the result of their evaluation to the HJ (CD1)
- To calculate the C score, the CD1 will combine the input from all 4 judges to determine the outcome of each performed composition element/requirement, according to the table below
- To calculate the D score, the CD1 will combine the input from all 4 judges to determine the outcome of each skill and the combination, according to the table below.
- The CD1 calculates the final C and D panel scores based on the awarded DVs of the elements/requirements

Determination of Floor C and D scores				Awarded value
Input from individual judges per element/requirement				
CD#	CD#	CD#	CD#	
Full	Full	Full	Full	Full
Half	Full	Full	Full	Full
No	Full	Full	Full	Full
Half	Half	Full	Full	Full
No	Half	Full	Full	Half
Half	Half	Half	Full	Half
Half	Half	Half	Half	Half
No	Half	Half	Full	Half
No	No	Full	Full	Half
No	Half	Half	Half	Half
No	No	Half	Full	Half
No	No	Half	Half	Half
No	No	No	Full	No
No	No	No	Half	No
No	No	No	No	No

20.5 Calculating the Final CD Panel Scores on Tumble and Trampet

- After each performance, the judges calculate their C- and D-scores to one decimal place and submit these to the HJ (CD1)
- For Tumble and Trampet (2 judges), the tolerance for C- and D-scores between judges is 0.2.
- If they are in tolerance, the Final Panel Score is the average of the C and D scores
- If they are not within tolerance the CD1 will call a meeting
- If judges are unable to agree, the base score is used.

20.5.1 Calculation of the CD-panel Base score

Base Score for a two-judge panel in Tumble and Trampet

$$\text{Base Score} = (\text{Average of the 2 scores} + \text{score of Head Judge}) / 2$$

20.6 Calculating the Final Score for Each Apparatus

- a) The Final Score on each apparatus will be established using the three separate scores from the judging panels - a C Score, a D Score and an E Score
- b) The CD panel establishes the C score and the D score
 - The C score is based on the Composition requirements
 - The D score is an assessment of the difficulty content of the exercise
- c) The E panel assess the E score based on the execution of the routine.
- d) The HJ (E1 and CD1) calculates the Panel Scores to an accuracy of 0.005 (rounded down)
- e) The Final Score of an apparatus is the addition of the C Score, the D Score and the E Score, less any Head Judge E1 deductions, to an accuracy of 0.005 (rounded down)

Example for a Floor Jury:

Final Apparatus Score = C Score + D Score + E Score			
C Score	Composition	-1.0 (one C component missing)	3.000
D Score	Difficulty	Sum of all agreed elements	5.700
E Score	Execution	1.6 deductions from 10.0	8.400
	Head Judge (E1) deductions		- 0.000
		Final Apparatus Score	<u><u>17.100</u></u>

20.7 Calculating the Final Score for Each Team

- a) The Final Score for each Team will be established using the three separate scores from the three apparatus – Floor, Tumble and Trampet, less any penalties applied by the Superior Jury
- b) Example Final Score Calculation

Final Score = Floor Score + Tumble Score + Trampet Score – SJ penalties

Floor	17.100
Tumble	15.700
Trampet	18.400
Superior Jury (SJ) penalties	- 0.000
Final Team Score	<u><u>51.200</u></u>



PART III

THE APPARATUS

SECTIONS 8 - 10

PART III - THE APPARATUS

SECTION 8 - FLOOR

Art 21 Apparatus Requirements

21.1 General Requirements

- a) The Floor Program is a routine for the whole team, performed to music. Music must support the movements; background music is deductible. Time limit for floor program is from 2 minutes and 15 seconds to 2 minutes and 45 seconds
- b) All competing gymnasts of the team must participate in the floor program
- c) The whole program must be performed inside the floor area (14 m x 16 m)
- d) The team must jog into the competition arena when the competition organizers direct them. The team lines up at the edge of the floor area where they wait for the green flag/light. After the green flag, the team jogs to their starting position on the floor. They start their program when the music starts
- e) The floor program must be performed with good balance, technique, amplitude and extension. The team must show synchronization and uniformity when it is meant to be. All chosen elements must be performed with dynamic execution, the movement phrases must show continuity with logical and natural fluency. The whole program should have rhythmic and gymnastic quality, where the feet and the whole body are active
- f) Formations must be clear and visible. Transitions, what gymnasts do when changing from one formation to another, must have gymnastic quality
- g) The program needs to be performed in different directions. Gymnasts need also to move in different planes

21.2 Composition Requirements (4.0)

The Composition score consists of four different composition elements and requirements. These components are:

- Flexibility element (F)
- Group element (G)
- Rhythmic sequence requirement (RS)
- Difficulty distribution requirement (DD)

Each component (performed according to the definition) earns 1.0 value towards the C score.

21.3 Difficulty Requirements (open value)

The difficulty score consists of nine different difficulty element values and of one combination value. All element values are shown in the Table of Difficulty in Appendix A1.

21.4 Execution Requirements (10.0)

Two kinds of deductions may be taken from the execution score:

- Execution
- Choreographic requirements

All deductions in these two groups are subtracted from 10.0.

- Bonus (0.1) can be added to each judge's execution score

Art 22 Composition (4.0)

Additional composition elements/ requirements

22.1 General

The composition score (C score) is calculated by the CD panel. The composition score will be counted only from those C components marked on the tariff form.

If more components are marked on the tariff form, only the first of each are considered.

22.2 Definitions for Additional Composition Elements / Requirements

22.2.1 Flexibility Element (F) 1.0

- a) The Floor Program may include more than one Flexibility Element, but only one can be marked on the tariff form and counted towards the C score
- b) The gymnasts in the team can individually choose a flexibility element, which they perform at the same time according to the choreography. Each gymnast can choose one of the following:
 - Splits (left or right leg)
 - Side splits
 - Straddle pike sitting fold (leg separation min 90°, upper body folded all the way down to the floor)
 - Pike sitting fold (chest on knees)
- c) In the flexibility element, the position must be shown clearly but it does not have to stay still. If the flexibility element is not performed according to the definition, the 1.0 is not given and the value will be reduced. If one or two gymnasts fail to perform the element according to the definition, the team will get 0.5 (half of the flexibility value). If three or more fail, the value for the flexibility element will be zero
- d) If a gymnast is not even trying to perform the flexibility element, then the value for flexibility is zero for the team
- e) The element must be marked on the tariff form with F

22.2.2 Group Element (G) 1.0

- a) The Floor Program may include more than one Group Element, but only one can be marked on the tariff form and counted towards the C score
- b) In the group element, all gymnasts must take part and play an active role in either a visible lift off the floor or a throw (i.e. lift, being lifted, throw and/or catch or being thrown)
- c) Lift means that the group must get at least one of the gymnasts totally off the floor by the active support of fellow gymnasts
 - The lifted gymnast(s) can be clearly lifted by the others, or the others can support them so that they will be able to stay off the floor during the Group element
 - Active support means that the supporter needs to work to perform the lift or to keep their own position to really support the lifted gymnast (e.g. not just lying or 'balasana' on the floor). Standing support, kneeling on all four or similar, while others use them to lift, is acceptable
 - The lifted gymnast(s) must stay longer in the air than they could stay by performing the element alone
- d) The element must be performed at the same time in groups (a group is three or more gymnasts, movement in pairs is not counted as a group element) or together with the whole team
- e) Different groups can perform different kind of group elements.
- f) If the group element is not performed according to the definition, the value for group element is zero for the team
- g) The group element must be marked on the tariff form with G

22.2.3 Rhythmic Sequence (RS) 1.0

- a) The Floor Program may include more than one Rhythmic Sequence, but only one can be marked on the tariff form and counted towards the C score
- b) The whole team must perform the same sequence, mirroring is allowed
- c) During the sequence, all gymnasts must travel at the same time across the floor area. They can travel from side to side, back to front, front to back or diagonal.
- d) Travelling means that gymnasts are moving all the time and there are no pauses in the sequence. There must be continued movement of the centre of gravity
- e) Gymnasts can travel in one or two groups consisting of at least 3 gymnasts each. The groups may start from different parts of the floor area. Groups are allowed to choose different RS paths
- f) The starting and ending positions, for each gymnast, must not be further than 3 m from the floor edge. For a diagonal RS, the distance is a maximum of 5 m from the floor corner measured as a radius of a circle with its' centre in the floor corner
- g) Changing the formation during the sequence is allowed
- h) The sequence must have at least one change of tempo
- i) The number of performed elements is optional
- j) It is not allowed to perform any difficulty elements (elements from Appendix A1) in the rhythmic sequence

- k) All the following requirements must be fulfilled to get the value (1.0) for RS:
 - All gymnasts perform the same sequence
 - All gymnasts perform RS at the same time
 - Travel across the floor (3 different options)
 - Tempo change and no stops
 - No difficulty elements included
- l) The Rhythmic Sequence's start and end must be marked in the floor tariff form with letters RS→ for start and RS← for end. The Rhythmic sequence should be shown in one formation box unless the shape of the formation changes during the RS

22.2.4 Difficulty Distribution (DD) 1.0

- a) Difficulty elements must be spread evenly in the floor program
- b) At least three difficulty elements must be performed after 1 minute 30 seconds. Element will be counted as a part of the DD, if the D-element is:
 - Marked in the tariff form
 - Declared as one of the nine counted elements
 - Performed (or at least tried to be performed) after the time limit 1 minute 30 seconds (no matter if the team gets any value of the element)
- c) If three different difficulty elements are not performed after 1 minute 30 seconds, the value for difficulty distribution is zero for the team.
- d) The time of 1 minute 30 seconds must be marked on the tariff form with a horizontal straight line, so it is clearly visible which difficulty elements, that are performed after the time limit.

Art 23 Difficulty (Open Value)

23.1 General

23.1.1 Forming the Difficulty Value

- a) The difficulty value consists of nine different elements from the following groups:
 - Balance elements 4
 - Jumps/ Hops/ Leaps 3
 - Acrobatic elements 2

and one combination between two of the selected elements according to 23.2.4.

- b) The team must mark on the tariff form only the nine difficulty elements that are to be calculated (including those also counting for the combination). If more than nine elements are marked only the first nine will be evaluated. Additional difficulty elements can be performed as long as they are not marked on the tariff form
- c) All element values are shown in the Table of Difficulty in Appendix A1

- d) The values of balance elements, jumps/hops/leaps, acrobatic elements and the combination are all summed up for the team's difficulty value. The difficulty score (D score) is calculated by the CD panel. Example of counting DV for acrobatic elements: A203 + A403 = 0.6, DV of Acrobatic elements is 0.6
- e) The final D score for the team is rounded down to the nearest 0.1 by the HJ (CD1)

23.1.2 Marking the Difficulty Values

- a) The team is allowed to perform more difficulty elements than marked in the tariff form but only the nine marked elements are counted. Elements must be marked in the right order, beside the formation (shape) in which the element is performed
- b) Difficulty elements (nine) must be marked with the symbol and the code number. The combination between two difficulty elements must be marked with } C
- c) Difficulty elements, which are marked on the tariff form and counted towards the difficulty value, must have different code numbers

23.1.3 Performance Requirements

- a) The performance of each difficulty element must comply with the norms (see Appendices A1 and A4), otherwise it will not be counted as a difficulty element or it's difficulty value (DV) will be reduced
- b) All gymnasts in the team must perform the same difficulty elements, with the same code number and variation A/B/C. Elements must be performed with arms and legs in the same positions (exception: handstand). Mirroring is allowed (e.g. performing a leap or a pirouette with different legs)
- c) The difficulty elements must be performed by all gymnasts at the same time, according to the choreography. "According to the choreography" means that the element is choreographed to be performed at the same time. If, for example, someone is late in the program but then performs the element correctly a bit later than the others, the team will still get the value of the element (also E deductions for being late)
- d) No more than three steps (walking or running) are allowed before any difficulty elements, according to the choreography

23.1.4 Reduction of Element's DV

- a) The full difficulty value of an element will be given only if all the gymnasts perform the element marked on the tariff form correctly
- b) If all gymnasts try to perform the element, but 1 or 2 gymnasts fail, the team will receive half of the element's DV
- c) If three or more gymnasts fail the element, then DV will be zero for the team
- d) If one or more gymnast not even try to perform the element, the element's DV will be zero for the team
- e) Showing additional flexibility does not affect the element's DV

23.2 Difficulty Elements

23.2.1 Balance Elements (DB, SB, HB)

- a) Four different balance elements (marked on the tariff form) may be counted towards the difficulty value
- b) One balance must be the handstand (HB1001). At least one of the balances must be a dynamic balance (pirouette or power element) and one standing balance. The fourth counted balance element can be dynamic, standing or a hand supportive balance

23.2.2 Jumps (includes Jumps, Hops and Leaps) (J)

Three different jumps, hops or leaps (marked on the tariff form) may be counted towards the difficulty value.

23.2.3 Acrobatic Elements (A)

Two different acrobatic elements (marked on the tariff form) may be counted towards the difficulty value.

23.2.4 Combination (C)

A combination value will be awarded for a direct connection between two of the nine included difficulty elements, as follows:

- Jump/hop/leap + jump/hop/leap
 - Jump/hop/leap + pirouette or standing balance
 - Jump/hop/leap + acrobatic element
- or reverse

The value of a combination:

(Given value of the first element + Given value of the second element) / 2

All gymnasts must successfully perform the direct connection and at least try to perform both of the difficulty elements in the combination to get the value. The given value for one of the elements can be zero but if the combination is direct the team will still receive a combination value.

The combination value is not given if 1 or more gymnasts fail to perform the direct connection.

A team can mark only one combination in the tariff form. All gymnasts perform the combination at the same time, according to the choreography.

Art 24 Execution (10.0)

24.1 General

While calculating the E judge's score the following is taken into account:

- Execution (Deductions to be Summarised and Additional Deductions)
- Choreographic requirements
- Execution bonus

Both the Execution and the Choreographic deductions are taken from 10.00 points.

24.2 Execution Deductions to be Summarised

The principle is to identify if the fault is Minor, Moderate or Major and then to apply the deduction based on the number of gymnasts who make the faults. Judges must make the most appropriate deduction for any given point of the routine. Each E judge can make the execution deductions 0.1, 0.2, 0.4, 0.7 or 1.0.

Note that the maximum deduction for any given point of the routine should not exceed the major faults column in the table below.

Table of Execution Deductions				
Number of faults ↓	Size of the fault →	Minor faults	Moderate faults	Major faults
One gymnast makes the fault		Very small 0.1	Small 0.2	Medium 0.4
Less than half of the team's gymnasts make faults		Small 0.2	Medium 0.4	Large 0.7
Half or more of the team's gymnasts make faults		Medium 0.4	Large 0.7	Very large 1.0

Guidelines for deductions:

Very small 0.1

This deduction is taken when a mistake is minor, and it is done by one gymnast.

Small 0.2

This deduction is taken when minor mistakes are done by more than one but less than half of the team. It can also be taken when one gymnast makes multiple minor mistakes or one moderate mistake.

Medium 0.4

This deduction is taken when moderate mistakes are done by less than half of the team. It can also be minor mistakes made by half or more of the team. Also, this is the deduction if a major mistake is done by one gymnast.

Large 0.7

This deduction is taken when major mistakes are done by less than half of the team. This deduction would also be appropriate where over half of the team are making a combination of minor, moderate and major faults or moderate mistakes done by half or more of the team.

Very large 1.0

This deduction is only taken when half or more of a team does major mistakes.

Each judge gives a score to an accuracy of 0.1. Execution deductions are built up by using the A5 execution faults table.

24.2.1 Definitions of Execution and Deductions

Deductions to be Summarised.

24.2.1.1 Precision in Formations

All the formations must be exact (e.g. straight lines when that is intended).

Deduction faults are minor.

24.2.1.2 Transitions

Transitions mean those elements or movements included in changing one formation (shape) to another or in preparing to perform the Group Element.

Quality of Transitions:

Transitions must have gymnastic and rhythmic quality and form a natural part of the floor program.

The whole upper body, not only arms, must be included in the movement.

Transitions done simply by walking, marching or running without any gymnastic or rhythmic quality are deductible each time.

Deduction faults are minor.

Easy Access:

All transitions must be performed by easy access, without taking extra/large steps or squeezing into insufficient space. Not having easy access is deductible each time.

Deduction faults are minor.

When minor transition faults are done by the whole team the deduction will be 0.4 each time.

24.2.1.3 Synchronisation According to the Choreography

The team must perform the elements at the same time when intended according to the choreography.

Deduction faults are minor, moderate or major.

24.2.1.4 Uniformity in Execution

The team must perform the same movements and elements exactly the same way unless the choreography clearly states otherwise. E.g. in DB201 the free leg must be placed equally (all gymnasts in the team). For the difficulty and flexibility elements

this deduction is only used in case there are no other specific execution deductions for those elements.

Deduction faults are minor or moderate.

24.2.1.5 Performance in Difficulty Elements and Flexibility Element

The elements must be done according to the defined requirements.

Deduction faults are minor, moderate or major.

24.2.1.6 Dynamic Execution

The team must perform the program with dynamic execution. Dynamic execution includes good rhythm and sense of gravity with relaxation and extension. The movement phrases must show continuity with a logical and natural fluency. The momentum should be used from the past movement instead of creating “new” force. There must not be purposeless stops between movements or pauses to prepare for movements. All movements and elements shall favour dynamic execution. Sequences performed only with isolated arm and leg movements without the body being involved (frozen upper body) will always result in a deduction.

Deduction faults are minor.

When minor dynamic execution faults are done by the whole team the deduction will be 0.4 each time.

24.2.1.7 Amplitude and Extension

Elements and movements must be performed with the optimal amplitude. Extension must be visible in all elements through the whole program.

Deduction faults are minor.

24.2.1.8 Balance and Controlled Execution

The floor program must be performed controlled with balance. For example, there will be a deduction for extra steps, jumps, arm and leg movements or a hand support, to keep the balance.

Deduction faults are minor or moderate.

24.3 Additional Execution Deductions

24.3.1 Wrong Number of Gymnasts

In case there are too few or too many gymnasts performing, or there are not equal number of male and female gymnasts in a mixed team, there will be a deduction. If after an interruption to the program, there are less than eight gymnasts on the floor, there will be no deduction for the wrong number of gymnasts. It is not allowed to replace a gymnast during the floor routine.

Deduction 1.0 once per missing or extra gymnast.

24.3.2 Fall

If a gymnast falls from a standing position to butt, back, stomach or side, or from hand supported balance to back, stomach or side.

Deduction 0.3 each time per gymnast

24.3.3 Line Violations

Exceeding the prescribed Floor area (14 m x 16 m), that is touching the floor with any part of the body outside of the border marking, will result a deduction of each time. Border markings (the white line) are part of the performing area.

Deduction 0.1 each time

24.4 Choreographic Requirements

24.4.1 Movements Corresponding to the Music (0.2)

There must be a relationship between the music and the movement. The program must give the feeling to “see what you hear and hear what you see”.

Deduction 0.2 once for not having relationship between movement and the music.

24.4.2 Formations (1.6)

Number of Formations

There must be at least six different formations in the Floor Program. Formations are counted as different if the shape is different. Changing only the size or the location of the formation does not make it different (e.g. small circle is counted same as a big circle and a circle on the left side of the floor is counted same as a circle on the right side of the floor). The team needs to stay in a formation long enough to make it clearly visible for the judges.

Deduction 0.2 for each missing formation.

Each formation (different shape) must be marked on the tariff.

Large Formation

There must be at least one large size formation where all gymnasts are placed in one shape (not in several small groups). The size of the formation must be at least from side to side and from back to front (no further than 1m from each floor edge). A diagonal line from corner to corner is not counted as a large formation.

Deduction 0.2 for missing large formation.

Small Formation

There must be one small size formation (compact), no bigger than 4 m x 4 m.

Deduction 0.2 for missing small formation.

Moving Curved Formation (CF)

There must be at least one moving curved formation where all gymnasts take part. A formation is counted as a moving curve if the path, that the gymnasts are moving, is clearly curved and gymnasts follow each other along that curved shape. The curve must be clearly visible and contain at least three elements or movements.

The size and the shape of the curve may change during the movement. The whole team can perform one formation together or two separated curves in two groups. The minimum number of gymnasts in one moving curved formation is four gymnasts.

Deduction of 0.2 for missing moving curved formation.

The moving curved formation must be marked on the tariff form with CF.

24.4.3 Planes (0.4)

The floor program must include the gymnasts moving in two different planes: backwards and sideways (left or right, this can vary inside the team, some gymnasts can move to the right and some to the left, at the same time). In both planes, there must be at least one sequence of a combination of three different movements or elements. Turning (>45°) is not allowed during planes. In the backward plane, the elements need to be performed with the backside of the body leading. The side of the body must lead sideways. Intermediate steps are allowed. Acrobatic elements cannot be used for moving in planes. All gymnasts need to do each plane at the same time.

Deduction for missing plane (backwards or sideways) is 0.2 / plane.

Planes must be marked on the tariff form with arrows. ↑, ↔

24.4.4 Directions (0.6)

During the floor program, gymnasts must perform to the front, the back and left OR right (the whole team must choose the same; left or right). Diagonal directions are not demanded or counted. All gymnasts need to do the demanded directions at the same time to fulfil this choreographic requirement. This does not mean that the whole program must be performed with the whole team facing the same direction all the time. There must be at least one sequence combining at least three different movements or elements, facing each direction.

Deduction for missing direction is 0.2 / direction.

Directions must be marked on the tariff form with v (forwards) ^ (backwards) and < or > (left or right).

24.5 Summary of Choreographic Requirements

Table of Choreographic Requirements	
Movements Corresponding to the Music	0.2
Formations	
- 6 different formations	0.2 / each
- Large formation	0.2
- Small formation	0.2
- Moving curved formation	0.2
Planes	
- Backwards	0.2
- Sideways	0.2
Directions	
- Front	0.2
- Back	0.2
- Left or right	0.2

24.6 Execution Bonus (max 0.1)

If the floor program or parts of it are performed with excellent skill and the program is especially well transmitted to the audience, the team can be awarded with a bonus.

Bonus 0.1 per team on each judge's own E score.

24.7 Head Judge (E1) Deductions

E1 deductions are taken from the final Apparatus score.

24.7.1 Interrupting the Floor Program (1.0)

If a gymnast stops performing and leaves the floor area, there will be a deduction.

HJ deduction 1.0 / gymnast for interrupting the floor program.

24.7.2 Incorrect Timing (0.3/ 2.0)

The time limit is between 2 minutes 15 seconds and 2 minutes 45 seconds.

Timekeeping starts with the music and ends when the last movement is performed.

Elements performed after the time limit will be recognized and evaluated.

HJ deduction 0.3 for time fault, will be taken for under/over timing.

HJ deduction 2.0 for very short program (less than 2 min).

E2 judge measures time.

24.7.3 Incorrect Music (0.3)

The complete presentation is performed to optional music.

The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument. e.g. humming and whistling.

HJ deduction 0.3 for absence of music or music with lyrics.

24.7.4 Incorrect Clothing (0.3)

The following will cause deductions for incorrect clothing (other than SJ deductions)

- Missing competition number (individual gymnast)
- Footwear (if not worn by entire team)
- Loose items (including loose competition numbers)
- Body painting

HJ deduction 0.3 once for incorrect clothing.

24.7.5 Wearing Jewellery (0.3)

No jewellery of any kind may be worn by gymnasts according to the article 4.2.1

HJ deduction 0.3 for wearing jewellery, once.

24.7.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour, according to the article 4.2.1.

HJ deduction 0.3 for insecurely fastened or intrusively coloured bandages, once.

24.7.7 Respecting the Apparatus or Competition Requirements (0.3/item)

The deduction for not respecting the apparatus or competition requirements is used in the following cases:

- Entering the arena against the competition requirements
- Not jogging to the starting position on floor area
- Changing gymnasts during the floor program

HJ deduction 0.3 per item for not respecting apparatus/competition requirements.

24.8 Summary of Head Judge (E1) Deductions

Summary of Execution HJ Deductions	
1. Interrupting the Floor program	1.0 / gymnast
2. Timing	
- Under/ over timing	0.3
- Very short program	2.0
3. Music	
- Absence of music	0.3 once
- Music with clear lyrics	
4. Incorrect Clothing	
- Missing competition numbers	
- Footwear (if not worn by entire team)	0.3 once
- Loose items (including loose competition numbers)	
- Body painting	
5. Wearing Jewellery	0.3
6. Wearing Insecure or Intrusively Coloured Bandages	0.3
7. Not Respecting the Apparatus/Competition Requirements	
- Entering arena against the competition requirements	0.3 / item
- Not jogging to the starting position on floor area	
- Changing gymnasts during the floor program	

SECTION 9 - TUMBLE

Art 25 Apparatus Requirements

25.1 General

- a) All tumble performers must participate in the floor program unless excused by the UEG doctor due to injury (Penalty is disqualification of the team)
- b) The team must jog into the competition arena when the competition organizers direct them. The team lines up at the run up where they wait for the green flag
- c) When the team is in position and they get the green flag from the Head Judge (E1) the music will begin, and the team may start their program
- d) The program is performed to music, which must be instrumental with no lyrics. The time limit is 2 minutes and 45 seconds
- e) It is not allowed to mark the run-up or the tumble track with clothes or other things. A tape measure will be attached to the floor at the side of the run-up. It will measure distance from the start of the landing area
- f) Each team performs three different rounds, where each series must consist of a combination of at least three acrobatic elements. For juniors, it is allowed to perform one round with individual routines consisting of at least two acrobatic elements. The two other rounds must consist of at least three acrobatic elements as for seniors
- g) All series must be performed without intermediate steps or pauses
- h) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round
- i) Mixed teams must have the same number of male and female gymnasts performing in each round
- j) All gymnasts must land their last element in the landing area
- k) After the first and second rounds, the gymnasts must return by jogging back together
- l) One coach (and only one) must be present for security spotting on the landing mat, preferably on the far side from the judges. The coach is temporarily allowed to step onto the tumble track
- m) Performing triple saltos at the European Championships will require a written dispensation from the National Federation of the gymnast

25.2 Composition (2.0)

- a) First Round All gymnasts perform exactly the same series (Team Round)
- b) Second Round All gymnasts perform the same series or increase difficulty
- c) Third Round All gymnasts perform the same series or increase difficulty
- d) At least one round must be backwards, and one round must be forwards. In the other round, there are no requirements for element direction, and they may be forward, backward or a combination of forward and backward elements.
- e) When twisting doubles or triples with less than three twists in the Team Round the gymnasts must perform the same number of twists in each salto
- f) The team must show a great variation in the chosen series (see 26.4)

25.3 Difficulty (Open value)

- a) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The program should always fit the knowledge and maturity of the gymnasts
- b) The difficulty values for each round are calculated as the sum of the difficulty values for all gymnasts' individual routines. See 27.1 b) & k)
- c) The difficulty values for all valid basic elements are found in article 27.2 with additional values in article 27.3

25.4 Execution (10.0)

- a) The execution (E) score for each round is calculated by taking deductions from 10.0 points according to 28.1. The execution faults are explained in more detailed in the Table of General Faults and Penalties contained in Appendix A5
- b) Execution Bonus (+0.1) can be added to the execution score as explained in article 28.5

Art 26 Composition

26.1 General

Any element(s) performed after a pause, a fall or intermediate steps will not be counted for under composition.

For composition all elements with a credited D value are considered.

In the Team Round, this is also the case when a gymnast is not performing the exact same series as the majority.

26.2 Definitions for Composition Deductions

All composition deductions are made under the composition score. The maximum deduction in composition is 2.0. The team might cause deductions higher than 2.0, but the judges can only deduct up to the maximum limit.

A gymnast performs a backward series if all elements are backward and a forward series if all elements are forward.

If not otherwise stated all composition requirements are taken into account, except when there are less than six gymnasts in the round. In this case, no composition deductions under art. 26.3 and 26.4 are taken for the missing gymnast.

The deduction is shown in brackets, in the header of the following items.

26.3 Team Round and Ordering Routines within the Rounds

26.3.1 Team Round (0.2 per gymnast)

In the first round every gymnast must perform the exact same series. It is called the Team round. See Appendix A4 for the recognition of different elements.

Deduction 0.2 per gymnast not performing the Team Round.

26.3.2 Correct Order in 2nd and 3rd Rounds (0.1 per gymnast)

In the second and third rounds, it is allowed to increase the difficulty of each series. The series must be performed in difficulty order. However, within each round, single saltos must be performed before double saltos and double saltos before triple saltos. Within the double salto and triple salto sections, the series are performed in difficulty order.

Deduction 0.1 per gymnast for not ordered correctly.

26.4 Variation

26.4.1 Repetition of Series (0.2 per gymnast each time)

If any gymnast performs exactly the same series from another round, there will be a deduction of 0.2 per gymnast each time. The only exception is when a gymnast is performing the wrong series in the Team Round. The round where the series is performed the most times is free from deduction.

Deduction 0.2 per gymnast each time for repetition.

26.4.2 Forward or Backward Rounds (0.2 per gymnast)

The team must perform at least one round backwards and one round forwards. Deduction is based on the round that comes closest to fulfilling the requirement.

Deduction 0.2 per gymnast for missing forward or backward rounds.

26.4.3 Twist Requirement (0.2 per gymnast)

The team must perform one round where the gymnasts perform a series that contains an element with at least 360° twist in single saltos or at least 180° twist in double or triple saltos. Deduction is based on the round where the twist is performed by the most gymnasts.

Deduction 0.2 per gymnast for not fulfilling twist requirement.

26.5 Summary of Composition Deductions

Composition Deductions	Deduction
Team Round and Ordering of Individual Routines	
- Missing Team Round	0.2 per gymnast
- Not Correct Order in 2 nd and 3 rd Rounds	0.1 per gymnast
Variation	
- Repetition of series	0.2 per gymnast
- Missing Forward or Backward rounds	0.2 per gymnast
- Not Fulfilling Twist Requirement	0.2 per gymnast

Art 27 Difficulty (Open value)

27.1 General

- a) The difficulty of each series on tumble is open
- b) The series difficulty value is calculated from the two different elements with the highest difficulty values
- c) The difficulty values of the most common valid elements and series are shown in the Table of Difficulty (Appendix A2). It is allowed to perform valid elements which do not have a code number or symbol, if the difficulty value can be counted by using the basic element value and add values for twisting
- d) The difficulty value in doubles and triples is defined by the least difficult body position adopted by the gymnast. Example – the difficulty value for a double with straight in first salto and pike in second salto will be given the value for a double pike
- e) Any element(s) performed after a pause, a fall or intermediate steps will not be counted for difficulty
- f) All elements are re-evaluated on what is actually performed - except in the first round (Team Round). If a gymnast does not perform the exact same series as the majority in the first round the gymnast will be given zero for the difficulty
- g) Elements not landing feet first will be valued at zero for difficulty. Touching with any part of the soles of both feet is defined as the limit of landing feet first. Touching with any other part of the body first, or at the same time as the feet, is defined as not landing feet first
- h) Triple saltos with blind landings are not counted as valid elements and will be given zero for difficulty. A blind landing occurs when the gymnast is landing the triple in the forward direction (+/- 90°) not being able to spot the landing during the last rotation
- i) Elements performed when the coach is helping the gymnast to achieve the element will be re-valued at zero for the difficulty (see also Execution 28.2.11). The other elements in the tumble are still used to calculate the difficulty for the series except in the Team Round (27.1.g)
- j) Run through will be re-valued at zero for difficulty
- k) The difficulty values for the three rounds are averaged and rounded down to the nearest 0.1, for the team's difficulty value
- l) In case more than six gymnasts are performing in a round, the difficulty is based on the elements performed by the first six gymnasts

27.2 Basic Element Values - Tumble

Group	Basic element	Value
Group 1 – forwards	Cartwheel	0.10
	Handspring	0.20
	Flyspring	0.20
	Tucked salto	0.20
	Piked salto	0.30
	Straight salto	0.40
	Starting salto **	
	- Tucked	0.20
	- Piked	0.30
	- Straight	0.30
- Straight full twist	0.40	
	Double salto tucked	1.10
	Double salto piked	1.30
	Double salto straight	1.50
	Triple salto tucked	N/A
Group 2 – backwards	Round-off	0.10
	Flick Flack	0.20
	Tucked salto	0.20
	Piked salto	0.20
	Straight salto	0.30
	Whipback	0.30
	Double salto tucked	0.80
	Double salto piked	0.90
	Double salto straight	1.10
	Triple salto tucked	1.60
	Triple salto piked	1.90

** Some starting saltos have a reduced difficulty

There are no plans to include quads at the European Championships at this time.

27.3 Additional Values for Twisting

- 0.1 for each half twist (180°) in single and double saltos
- 0.2 for each half twist (180°) in triple saltos
- 0.1 extra for twisting 1080° and for each further full twist

Art 28 Execution (10.0)

28.1 General

Each E judge submits a single score that is the average of their three scores (one for each round) rounded to the nearest 0.1.

The execution deductions for each round are calculated as the sum of the deductions for all gymnasts' individual routines. Missing elements, running through and wrong number of gymnasts are also deducted.

Some deductions refer to the entire series while others are related to the execution of each element. For the last salto in a series, there are requirements on height, length and on achieving an extended body position before the gymnast lands.

The landing must be controlled, but may continue moving under control, in the direction of tumble.

Any element(s) performed after a pause, a fall or intermediate steps will not be deducted under execution.

28.2 Definitions of Execution Faults

The maximum deduction is shown in brackets, in the header of the following items.

28.2.1 Body Shape in Saltos (0.5)

Tucked, piked and straight body positions in saltos must be performed with clear and defined body shape, with feet and legs kept together, as well as feet pointed. Arms close to the body. Double and triple saltos are counted as one element.

Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults.

Deduction 0.1 per gymnast/element for split/crossed legs.

Deduction 0.1 per gymnast/element for head or feet errors.

Deduction 0.1 per gymnast/element for arms not close to the body and axis of rotation in twists.

28.2.2 Body Shape for Elements other than Saltos (0.2)

Elements that are found in the Table of Difficulty (not the saltos) must be performed with a clear and defined body shape with feet and legs kept together where appropriate, as well as feet pointed.

Deduction 0.1, or 0.2 per gymnast/element for hip and knee angle faults.

Deduction 0.1 per gymnast/element for split/crossed legs, head or feet errors

28.2.3 Twisting (0.3)

The take-off phase must be clearly shown, and the twist must be completed in due time before landing.

Deduction 0.1 or 0.2 per gymnast/element for initiating the twist too early.

Deduction 0.1 per gymnast/element for finishing the twist too late in the air.

Deduction 0.1 or 0.2 per gymnast/element for under/over rotating the twist at the landing.

28.2.4 Momentum (0.3)

A tumble must maintain or increase momentum.

Deduction 0.1, 0.2 or 0.3 per gymnast for loss of momentum.

28.2.5 Height and Length of the Final Salto (0.3)

The final salto must be performed at appropriate height and length.

Deduction 0.2 per gymnast/element for too low final salto.

Deduction 0.1 per gymnast for too long final salto.

28.2.6 Extended Body Position Before Landing (0.2)

Before landing the gymnast must show an extended body position at latest 30° from vertical. After showing the extended position, it is allowed to prepare for landing (at horizontal at the earliest).

Deduction 0.1 per gymnast for late opening or early opening not kept until horizontal.

Deduction 0.2 per gymnast for no opening.

28.2.7 Landing Position (0.3)

The body position at landing must be almost upright. Some bending of the knees (<90°) and some bending at the hips (<90°) is allowed. The deduction is not given when landing not feet first.

Deduction 0.2 or 0.3 per gymnast for leaning position.

Deduction 0.2 or 0.3 per gymnast for hips/knees bending $\geq 90^\circ$ up to a deep squat.

28.2.8 Control in Landing (1.5)

The landing must be controlled but may continue moving in the direction of tumble, under control.

Deduction 0.2 per gymnast for loss of control for under/over rotating.

Deduction 0.3 per gymnast for light touching of the mat with one hand/knee.

Deduction 0.5 per gymnast for light touching of the mat with two hands/knees.

Deduction 0.8 per gymnast for falling (sitting, rolling, kneeling, etc.).

Deduction 1.5 per gymnast for not landing feet first (No DV for the element).

28.2.9 Landing the Last Element in the Landing Area (0.3)

Gymnast must land the last element in the landing area. The tape connecting the landing area to the tumble track is part of the landing area.

Deduction 0.3 per gymnast each time for not landing the last element in the landing area.

28.2.10 Performing Along the Centre Line (0.2)

Elements should be performed along the centre of the track and landing area.

Deduction 0.1 per gymnast for >0.5 m off the centre line.

Deduction 0.2 per gymnast for outside the limit of the Track or Landing Zone.

28.2.11 Coaches' Actions (1.5)

A compulsory coach standing in is only there to react in case of dangerous situations, not to draw attention to themselves. The coach is there to avoid injury to the gymnasts and not to stop gymnasts from falling over. All supportive actions that touch the gymnast are deductible. There is a difference between support and helping the gymnast to achieve the element.

Deduction 0.8 per gymnast for support.

Deduction 1.5 per gymnast for not acting in a dangerous situation.

Deduction 1.5 per gymnast for helping the gymnast to achieve the element (No difficulty value for the element).

28.2.12 Streaming (0.1)

Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time and the next gymnast is not allowed to start the first element until the previous gymnast has completed the last element.

Deduction 0.1 each time per gymnast for irregular streaming.

28.2.13 Jogging Back Together Between Rounds (0.4)

Gymnasts must jog back to the run up after rounds one and two. They must return together.

Deduction 0.4 per team for each round for not jogging back.

Deduction 0.4 per team for each round for not returning together.

28.3 Special Deductions

28.3.1 Missing Element in the Series (1.0 per missing element)

In case a gymnast is performing fewer valid elements than required (usually three) in the series (See 25.1 f), there will be a deduction. In the junior competition, where one round may contain only two elements, the deduction for missing element is based on having less than two elements in that round. All valid elements are counted, also when not landing feet first.

Deduction 1.0 per missing element per gymnast.

28.3.2 Running Through (3.0)

In case a gymnast is running through without performing any valid elements there will be a deduction. In this case, there are no other execution deductions taken.

Deduction 3.0 per gymnast for running through.

28.3.3 Wrong Number of Gymnasts (3.0)

In case there are too few or too many gymnasts performing or there are not the same number of male and female gymnasts in a mixed team, there will be a deduction per round.

Deduction 3.0 per missing/extra gymnast.

28.4 Summary of Execution Deductions (E panel)

The following table gives a summary of all the possible execution deductions.

Table of Execution Deductions (10.0)	0.1	0.2	0.3 or more
1. Unclear Body Shape in Saltos - Hip and knee angle faults - Split, crossed legs - Head or feet error - Arms not close to body/rotation axis	X X X X	X	X
2. Unclear Body Shape for Elements Other than Saltos - Hip and knee angle faults - Head or feet error	X X	X	
3. Unclear Twisting - Initiating the twist too early - Finishing the twist too late in the air - Under/over rotation when landing	X X X	X X	
4. Loss of Momentum	X	X	X
5. Too Low (0.2) or Long Final (0.1) Salto	X	X	
6. Not Extended Body Position Before Landing - Late opening or early opening not kept until horizontal - No opening	X	X	
7. Not Optimal Landing Position - Leaning position - Hips/knees bending		X X	X X
8. Lack of Control in Landing - Loss of control - Light touching with one hand/one knee - Light touching with two hands/two knees - Falling (sitting, rolling, etc.) - Not landing feet first		X	X 0.5 0.8 1.5
9. Not Landing the Last Element in the Landing Area			X
10. Not performing Along the Centre Line	X	X	
11. Coaches' Actions - Support - Not acting in dangerous situation - Helping the gymnast to achieve element			0.8 1.5 1.5
12. Irregular Streaming	X		
13. Not Jogging Back or Together, Between Rounds			0.4
14. Special Deductions - Missing element in the series - Running through - Wrong number of gymnasts			1.0 each 3.0 3.0

28.5 Execution Bonus (max 0.1)

Execution Bonus is only rewarded if the following criteria are fulfilled in at least one round.

Identical technique, between the gymnasts. All landings in that round must be upright and under control.

Bonus 0.1 per team on each judge's own E score.

28.6 Head Judge (E1) Deductions

E1 deductions taken from the final apparatus score:

28.6.1 Incorrect Timing (0.3)

The time limit is 2 minutes 45 seconds. The timekeeping starts with the music and ends when the last element is performed in the third round.

Series performed after the time limit will still be recognized and evaluated.

HJ deduction for time fault is 0.3 and it will be taken for over timing.

28.6.2 Incorrect Music (0.3)

The complete presentation is performed to optional music.

The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument. e.g. humming and whistling.

HJ deduction 0.3 for absence of music or music with lyrics.

28.6.3 Incorrect Clothing (0.3)

The following will cause deductions for incorrect clothing (other than SJ deductions).

- Missing competition number (individual gymnast)
- Loose items (including loose competition numbers)
- Body painting

HJ deduction for incorrect clothing 0.3 once.

28.6.4 Coach Giving Verbal or Visual Instructions (0.3)

Coaches are not allowed to give any visual or verbal instructions for the gymnast during the tumble program. In the case when the coach wants the team to interrupt the program, due to technical reasons or due to injury, or to talk to an injured gymnast there won't be any deduction.

HJ deduction for coach giving instructions is 0.3 once.

28.6.5 Wearing Jewellery (0.3)

No jewellery of any kind may be worn by gymnasts or stand-ins according to the article 4.2.1 and 8.2.

HJ deduction for wearing jewellery 0.3 once.

28.6.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the article 4.2.1 and 8.2.

HJ deduction for insecurely fastened or intrusively coloured bandages 0.3 once.

28.6.7 Respecting Apparatus or Competition Requirements (0.3/item)

The deduction for not respecting the apparatus or competition requirements is used in the following cases:

- Entering the arena against the competition requirements
- Marking or extending the run-up with clothes or other things
- Starting the performance before the green flag/light from the Head Judge (E1)
- More than one coach in the landing area
- Coach leaving the landing area/tumble track during the round. If leaving area due to supportive action or injury there is no deduction.

HJ deduction for not respecting apparatus/competition requirements 0.3 per item.

28.7 Summary of Head Judge (E1) Deductions

Summary of Execution HJ Deductions	Deduction
1. Incorrect Timing - Over timing	0.3
2. Incorrect Music - Absence of music - Music with lyrics	0.3 once
3. Incorrect Clothing - Missing competition numbers - Loose items (including loose competition numbers) - Body painting	0.3 once
4. Coach Giving Verbal or Visual Instructions	0.3
5. Wearing Jewellery	0.3
6. Wearing Insecure or Intrusively Coloured Bandages	0.3
7. Not Respecting the Apparatus/Competition Requirements - Entering the arena against the competition requirements - Marking or extending the run-up with clothes or other items - Starting the performance before the green flag/light from E1 - More than one coach in the landing area - Coach leaving the landing area/tumble track	0.3 per item

SECTION 10 - TRAMPET

Art 29 Apparatus Requirements

29.1 General

- a) All trampet performers must participate in the floor program unless excused by the UEG doctor due to injury (Penalty is disqualification of the team)
- b) The team must jog into the competition arena when the competition organizers direct them. The team lines up at the run up where they wait for the green flag
- c) When the team is in position and they get the green flag from the Head Judge (E1) the music will begin, and the team may start their program
- d) The program is performed to music, which must be instrumental with no lyrics. The time limit is 2 minutes and 45 seconds
- e) It is not allowed to mark the run-up with clothes or other things. A tape measure will be attached to the floor at the side of the run-up. It will measure distance from the start of the landing area
- f) Each team performs three different rounds
- g) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round
- h) Mixed teams must have the same number of male and female gymnasts performing in each round
- i) After the first and second rounds, the gymnasts must return by jogging back together
- j) Two coaches (and only two) must be present for security spotting on the landing mat
- k) Performing triple saltos at the European Championships will require a written dispensation from the National Federation of the gymnast

29.2 Composition (2.0)

- a) First Round All gymnasts perform exactly the same element (Team Round)
- b) Second Round All gymnasts perform the same element or increase difficulty
- c) Third Round All gymnasts perform the same element or increase difficulty.
- d) At least one round must be performed on the vaulting table
- e) At least one round must be performed without the vaulting table
- f) When twisting doubles or triples with less than three twists in the Team Round the gymnasts must perform the same number of twists in each salto
- g) The team must show a great variation in the chosen series (see 30.4)

29.3 Difficulty (open value)

- a) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The program should always fit the knowledge and maturity of the gymnasts
- b) The difficulty values for each round are calculated as the sum of the difficulty values for all gymnasts' individual routines

- c) The difficulty values for all valid basic elements are found in article 31.2 with additional values for twists in article 31.3. There are separate allowed basic elements with and without the vaulting table

29.4 Execution (10.0)

- a) The execution (E) score for each round is calculated by taking deductions from 10.0 points according to 32.1. The execution faults are explained more detailed in the Table of General Faults and Penalties contained in Appendix A5
- b) Bonus (+0.1) can be added to the execution score as explained in article 32.5

Art 30 Composition

30.1 General

For composition all elements with a credited D value are considered.

In the Team Round, this is also the case when a gymnast is not performing the exact same element as the majority.

30.2 Definitions for Composition Deductions

All composition deductions are made under the composition score. The maximum deduction in composition is 2.0. The team might cause deductions higher than 2.0, but the judges can only deduct up to the maximum limit.

If not otherwise stated all composition requirements are taken into account except when there are less than six gymnasts in the round. In this case, no composition deductions for the missing gymnast are taken under article 30.3 and 30.4.

The deduction is shown in brackets, in the header of the following items.

30.3 Team Round and Ordering Individual Routines Within the Round

30.3.1 Team Round (0.2 per gymnast not performing)

In the first round every gymnast must perform the exact same element. It is called the Team round. See Appendix A4. for the recognition of different elements.

Deduction 0.2 per gymnast not performing the Team Round.

30.3.2 Correct order in 2nd and 3rd Rounds (0.1 per gymnast)

In the second and third rounds, it is allowed to increase the difficulty of each element. The elements must be performed in difficulty order. However, within each round, single saltos must be performed before double saltos and double saltos before triple saltos. Within the double salto and triple salto sections, the elements are performed in difficulty order.

Deduction 0.1 per gymnast not ordered correctly.

30.4 Variation

30.4.1 Repetition of Elements (0.2 per gymnast each time)

If any gymnast performs exactly the same element from another round, there will be a deduction of 0.2 per gymnast each time. The only exception is when a gymnast is performing the wrong element in the Team Round. The round where the element is performed the most times is free from deduction.

Deduction 0.2 per gymnast each time.

30.4.2 Twist Requirement (0.2 per gymnast)

The team must perform one round where the gymnasts perform an element with at least 540° twist in single saltos or at least 180° twist in double or triple saltos. Twist must be performed after hand touch if using the vault. Deduction is based on the round where the twist is performed by the most gymnasts.

Deduction 0.2 per gymnast for not fulfilling the twist requirement.

30.4.3 Double/Triple Salto Requirement (0.2 per gymnast)

The team must perform at least one round that contains double or triple saltos. Double and triple saltos are counted from trampet to landing (e.g. Tsukahara and handspring salto are considered as double saltos, Tsukahara double and handspring double are considered as triple saltos).

Deduction is based on the round where the double/triple is performed by the most gymnasts.

Deduction 0.2 per gymnast for not fulfilling the double/triple requirement.

30.4.4 Round With and Without Vaulting Table (2.0)

The team must perform at least one round with the vaulting table and one round without. Individual gymnasts running through (with or without vault) will not cause this deduction.

Deduction 2.0, if round with or round without vaulting table is missing.

30.5 Summary of Composition Deductions

Composition Deductions	Deduction
Team Round and Ordering of Individual Routines	
- Missing Team Round	0.2 per gymnast
- Not correct Order in 2 nd and 3 rd Rounds	0.1 per gymnast
Variation	
- Repetition of Elements	0.2 per gymnast
- Not Fulfilling Twist Requirement	0.2 per gymnast
- Not Fulfilling Requirement for Double or Triple Saltos	0.2 per gymnast
- No Round With or Without the Vaulting Table	2.0 per team

Art 31 Difficulty (Open value)

31.1 General

- a) The difficulty of each element is open
- b) The difficulty values of the most common valid elements are shown in the Table of Difficulty (Appendix A3). It is allowed to perform elements which do not have a code number or symbol, if the difficulty value can be counted by using the basic element value and add values for twisting
- c) The difficulty value in doubles and triples is defined by the least difficult body position adopted by the gymnast. Example – the difficulty value for a double with straight in first salto and pike in second salto will be given the value for a double pike
- d) Tsukahara and handspring-salto are considered as double saltos, Double Tsukahara and handspring- double salto are considered as triple saltos
- e) All elements are re-evaluated on what is actually performed - except in the first round (Team Round). If a gymnast does not perform the exact same element as the majority in the first round the gymnast will be given zero for the difficulty
- f) Elements not landing feet first will be valued at zero for the difficulty. Touching with any part of the soles of both feet is defined as the limit of landing feet first. Touching with any other part of the body first, or at the same time as the feet, is defined as not landing feet first
- g) Not touching the vault with both hands will be valued at zero for difficulty (not valid element)
- h) Triple saltos with blind landings are not counted as valid elements and will be given zero for difficulty. A blind landing occurs when the gymnast is landing the triple in the forward direction (+/- 90°) not being able to spot the landing during the last rotation
- i) Elements performed when the coach is helping the gymnast to achieve the element will be re-valued at zero for the difficulty (see also execution 32.2.9)
- j) Run through will be re-valued at zero for difficulty
- k) The difficulty values for the three rounds are averaged and rounded down to the nearest 0.1, for the team's difficulty value
- l) In case more than six gymnasts are performing in a round. The difficulty is based on the elements performed by the first six gymnasts

31.2 Basic Element Values - Trampet

Group	Basic Element	Value
Group 1 – With vaulting table	¼ on – ¼ off	0.30
	Handspring	0.40
	Handspring ½ on	0.40
	Handspring salto tucked	0.80
	Handspring salto piked	0.90
	Handspring salto straight	1.00
	Handspring double tuck ½ out	1.70
	Handspring double piked ½ out	1.90
	Tsukahara tucked	0.80
	Tsukahara piked	0.90
	Tsukahara straight	1.00
	Double Tsukahara tucked	1.60
	Double Tsukahara piked	1.80
Group 2 – Without vaulting table	Tucked salto	0.10
	Piked salto	0.10
	Straight salto	0.20
	Double salto tucked	0.60
	Double salto piked	0.70
	Double salto straight	0.80
	Triple salto tucked ½ out	1.50
	Triple salto piked ½ out	1.70

31.3 Additional Values for Twisting

- 0.1 for each half twist (180°) in single and double saltos
- 0.2 for each half twist (180°) in triple saltos
- 0.1 extra for twisting 1080° and for each further full twist

There are no plans to include quads at the European Championships at this time.

Art 32 Execution (10.0)

32.1 General

Each E judge submits a single score that is the average of their three scores (one for each round) rounded to the nearest 0.1.

The execution deductions for each round are calculated as the sum of the deductions for all gymnasts' individual routines.

There are requirements on both the aerial phase as well as the landing, which includes height, length and an extended body position before landing. The landing must be controlled but may continue moving onwards under control.

32.2 Definitions of Execution Faults

The maximum deduction is shown in brackets, in the header of the following items.

32.2.1 Body Shape (0.5)

Tucked, piked and straight body positions must be performed with clear and defined body shape with feet and legs kept together, as well as feet pointed. Arms close to the body. Double and triple saltos are counted as one element.

Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults.

Deduction 0.1 per gymnast/element for split/crossed legs.

Deduction 0.1 per gymnast/element for head or feet errors.

Deduction 0.1 per gymnast/element for arms not close to the body and axis of rotation in twists.

32.2.2 Twisting (0.3)

The take-off phase must be clearly shown, and the twist must be completed in due time before landing.

Deduction 0.1 or 0.2 per gymnast/element for initiating the twist too early.

Deduction 0.1 per gymnast/element for finishing the twist too late in the air.

Deduction 0.1 or 0.2 per gymnast/element for under/over rotating the twist at the landing.

32.2.3 Contact with the Vault (0.6)

At the point of leaving the vault there should be extension in the body. There must also be a visible lift from the hands off the vault.

Deduction 0.2 per gymnast for not extended body position.

Deduction 0.2 per gymnast for lack of lift.

Deduction 0.4 per gymnast for no visible lift off the vault.

32.2.4 Height and Length (0.3)

The element must be performed at appropriate height and length.

Deduction 0.2 per gymnast for too low element.

Deduction 0.1 per gymnast for too long element.

32.2.5 Extended Body Position Before Landing (0.2)

Before landing the gymnast must show an extended body position at latest 30° from vertical. It is then allowed to prepare for landing (at horizontal at the earliest).

Deduction 0.1 per gymnast for late opening or early opening not kept until horizontal.

Deduction 0.2 per gymnast for no opening.

32.2.6 Landing Position (0.3)

The body position at landing must be almost upright. Some bending of the knees (<90°) and some bending at the hips (<90°) is allowed. The deduction is not given when landing not feet first.

Deduction 0.2 or 0.3 per gymnast for leaning position.

Deduction 0.2 or 0.3 per gymnast for hips/knees bending $\geq 90^\circ$ up to a deep squat.

32.2.7 Control in Landing (1.5)

The landing must be controlled but may continue moving onwards under control.

Deduction 0.2 per gymnast for loss of control for under/over rotating.

Deduction 0.3 per gymnast for light touching of the mat with one hand/knee.

Deduction 0.5 per gymnast for light touching of the mat with two hands/knees.

Deduction 0.8 per gymnast for falling (sitting, rolling, kneeling etc.).

Deduction 1.5 per gymnast for not landing feet first (No element difficulty value).

32.2.8 Landing Along the Centre Line (0.2)

Elements should land on the centreline of the landing area.

Deduction 0.1 per gymnast for >0.5 m off the centre line.

Deduction 0.2 per gymnast for landing outside the limit of the Landing Zone.

32.2.9 Coaches' Actions (1.5)

Compulsory coaches standing in are only there to react in case of dangerous situations and not to draw attention to themselves. They are there to avoid serious injury to the gymnasts and not to stop gymnasts from falling over. All supportive actions that touch the gymnast are deductible. There is a difference between support and helping the gymnast to achieve the element.

Deduction 0.8 per gymnast for support.

Deduction 1.5 per gymnast for not acting in a dangerous situation.

Deduction 1.5 per gymnast for helping the gymnast to achieve the element (No difficulty value for the element).

32.2.10 Streaming (0.1)

Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time.

Deduction 0.1 each time per gymnast for irregular streaming.

32.2.11 Jogging Back Together Between Rounds (0.4)

Gymnasts must jog back to the run up after rounds one and two. They must return together.

Deduction 0.4 per team for each round for not jogging back.

Deduction 0.4 per team for each round for not returning together.

32.3 Special Deductions

32.3.1 Running Through (3.0)

In case a gymnast is running through without performing any valid element there will be a deduction. In this case, there are no other execution deductions taken.

Deduction 3.0 per gymnast for running through.

32.3.2 Wrong Number of Gymnasts (3.0)

In case there are too few or too many gymnasts performing or there are not the same number of male and female gymnasts in a mixed team, there will be a deduction per round.

Deduction 3.0 per missing/extra gymnast.

32.4 Summary of Execution Deductions (E panel)

The following table gives a summary of all the possible execution deductions.

Execution Deductions (10.0)	0.1	0.2	0.3 or more
1. Unclear Body Shape - Hip and knee angle faults - Split, crossed legs - Head or feet error - Arms not close to body/rotation axis	X X X X	X	X
2. Unclear Twisting - Initiating the twist too early - Finishing the twist too late in the air - Under/over rotation when landing	X X X	X X	
3. Contact With the Vault - Not extended body position - Lack of lift - No visible lift		X X	0.4
4. Too Low or Long Element - Too low element - Too long element	X	X	
5. Not Extended Body Position Before Landing - Late opening or early opening not kept until horizontal - No opening	X	X	
6. Not Optimal Landing Position - Leaning position - Hips/knees bending		X X	X X
7. Lack of Control in Landing - Loss of control - Light touching with one hand/one knee - Light touching with two hands/two knees - Falling (sitting, rolling, etc.) - Not landing feet first – no DV		X	X 0.5 0.8 1.5
8. Not Landing Along the Centre Line	X	X	
9. Coaches' Actions - Support - Not acting in dangerous situation - Help gymnast to achieve element – no DV			0.8 1.5 1.5
10. Irregular Streaming	X		
11. Not Jogging Back or Together Between Rounds			0.4
12. Special Deductions - Running through - Wrong number of gymnasts			3.0 3.0

32.5 Execution Bonus (max +0.1)

Execution Bonus is only rewarded if the following criteria are fulfilled in at least one round.

Identical technique, between the gymnasts. All landings in that round must be upright and under control.

Bonus 0.1 per team on each judge's own E-score.

32.6 Head Judge (E1) Deductions

E1 deductions taken from the final Apparatus score:

32.6.1 Incorrect Timing (0.3)

The time limit is 2 minutes 45 seconds. The timekeeping starts with the music and ends when the last element is performed in the third round.

Series performed after the time limit will still be recognized and evaluated.

HJ deduction for time fault is 0.3 and it will be taken for over time.

32.6.2 Incorrect Music (0.3)

The complete presentation is performed to optional music.

The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument. e.g. humming and whistling.

HJ deduction 0.3 for absence of music or music with lyrics.

32.6.3 Incorrect Clothing (0.3)

The following will cause deductions for incorrect clothing (other than SJ deductions)

- Missing competition numbers (individual gymnast)
- Loose items (including loose competition numbers)
- Body painting

HJ deduction for incorrect clothing 0.3 once.

32.6.4 Coach Giving Verbal or Visual Instructions (0.3)

Coaches are not allowed to give any visual or verbal instructions for the gymnast during the trampet program. In the case when the coach wants the team to interrupt the program, due to technical reasons or due to injury, or to talk to an injured gymnast there won't be any deduction.

HJ deduction for coach giving instructions is 0.3 once.

32.6.5 Wearing Jewellery (0.3)

No jewellery of any kind may be worn by gymnasts or stand-ins according to the article 4.2.1 and 8.2.

HJ deduction for wearing jewellery 0.3 once.

32.6.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the article 4.2.1 and 8.2.

HJ deduction for insecurely fastened or intrusively coloured bandages 0.3 once.

32.6.7 Respecting Apparatus/Competition Requirements (0.3 per item)

The deduction for not respecting the apparatus or competition requirements is used in the following cases:

- a) Entering the arena against the competition requirements
- b) Marking or extending the run-up with clothes or other items
- c) Starting the performance before the green flag/light from the Head Judge (E1)
- d) More than two coaches in the landing area
- e) Both coaches leaving the landing area during the round. If leaving area due to supportive action or injury there is no deduction

HJ deduction for not respecting apparatus or competition requirements 0.3 per item.

32.7 Summary of Head Judge (E1) Deductions

Summary of Execution HJ Deductions	Deduction
1. Incorrect Timing - Over timing	0.3
2. Incorrect Music - Absence of music - Music with lyrics	0.3 once
3. Incorrect Clothing - Missing competition numbers - Loose items (including loose competition numbers) - Body painting	0.3 once
4. Coach Giving Verbal or Visual Instructions	0.3
5. Wearing Jewellery	0.3
6. Wearing Insecure or Intrusively Coloured Bandages	0.3
7. Not Respecting the Apparatus/Competition Requirements - Entering the arena against the competition requirements - Marking or extending the run-up with clothes or other items - Starting the performance before the green flag/light from E1 - More than two coaches in the landing area - Both coaches leaving the landing area	0.3 per item



PART IV

THE APPENDICES

PART IV - THE APPENDICES

- A1 Table of Difficulty for Floor**
- A2 Table of Difficulty for Tumble**
- A3 Table of Difficulty for Trampet**
- A4 Element Recognition**
- A5 Table of General Faults and Penalties**

UEG Code of Points 2017 - 2021 - TeamGym

Appendix 1 - Floor Difficulty Values

1 BALANCES

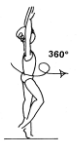












The text contains the definition of the element and the pictures is a guideline.

1.1A Dynamic Balances - Pirouettes

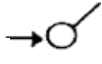

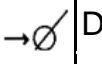



The Pirouette must be performed on one foot, on toes. The rotation must be totally fulfilled, measured at the hips. The turn must not be done by jumping, but a slight hop to maintain balance during the pirouette is allowed. Optional placement of the free leg and arms. The free leg can be straight or bent but must be same for the whole team. The position of the supporting leg, bent/straight, does not change the DV, but must be the same for the whole team. The number of turns and height of the free leg define the value of the element.

A forward pirouette means turning in the same direction to the supporting leg.

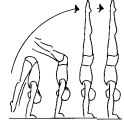

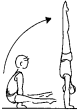
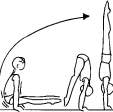
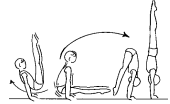
A backward pirouette means turning in the opposite direction to the supporting leg.

Pirouettes	0.2	0.4	0.6	0.8	1.0	1.2
Forwards	DB201 → ○  360°	DB401 → ∅  540°	DB601 → ⊗  720°	DB801 → ⊗  900°		DB1201 → ⊗  1080°
Backwards	DB202 ← ○  360°	DB402 ← ∅  540°	DB602 ← ⊗  720°	DB802 ← ⊗  900°		DB1202 ← ⊗  1080°
Forwards Free leg with hand support 90°. When the free leg is bent the heel is used to define the angle to the hip.		DB403 → ♂  360°		DB803 → ♂  540°	DB1003 → ⊗  720°	




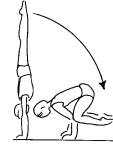

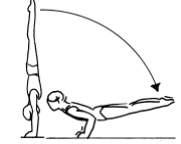



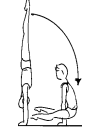



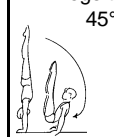








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Pirouettes	0.2	0.4	0.6	0.8	1.0	1.2
Forwards Free leg without hand support 90°. When the free leg is bent the heel is used to define the angle to the hip.			DB604 →   360°		DB1004 →   540°	DB1204 →   720°

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1.1B Dynamic Balances - Power Elements						
The starting and finishing positions must be clearly visible. Movement must be controlled and performed without a pause. In the handstand as a starting or ending position the arms must be straight (tolerance 45°), legs straight and together and hip straight.						
Power Elements	0.6	0.8	1.0	1.2	1.4	1.6
Press up to handstand With split straight legs (DB1005) or straight legs together (DB1205). Starting position is optional.			DB1005 	DB1205 		
Press up to handstand from straddle pike sitting support From a straddle pike sitting support press to handstand with straight legs.					DB1406 	
Press up to handstand from pike sitting support From a pike sitting support press to handstand. Bending legs in the first part is allowed, after passing the hands, press to handstand is performed with straight legs together or straight split legs.					DB1407 	
Press up to handstand from V-pike sitting support From a V-pike sitting support (45°-90°) press to handstand with straight legs together or straight split legs.						DB1608 

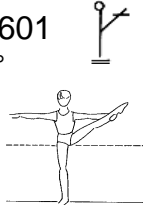
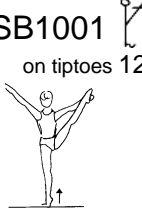

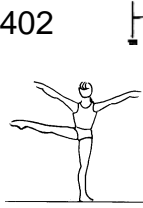
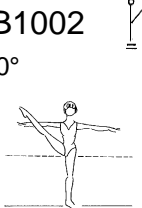
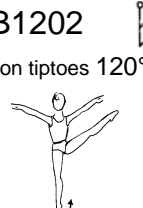
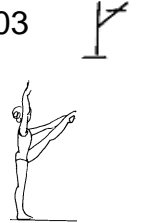

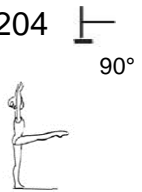
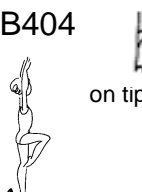


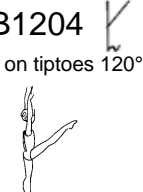
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Power Elements Continued	0.6	0.8	1.0	1.2	1.4	1.6
Headstand to planche From a controlled headstand, body straight, lowering to a planche on elbows. Legs together and straight.		DB809  				
From handstand to support From a controlled handstand, to a "spider support"/ a planche (body straight) on elbows/ a planche with straight arms. Legs straight (not in DB810). Legs may be separated.		DB810  		DB1210  		DB1610  
From handstand to straddle pike or pike sitting support Lowering from handstand to straddle pike/ pike sitting support. Legs must be straight the whole way.				DB1211  	DB1411  Legs together 	DB1611  Legs together 45°-90° 
Circles The turn is measured from the legs. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.		DB812  Double leg circles, one round 	DB1012  Double leg circles ≥2 rounds 		DB1412  Flared leg circles 2 rounds 	
Russian wendel-swing The full turn (360°) is measured from the shoulders. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.			DB1013  			














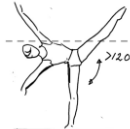
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1.2 Standing Balances



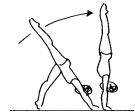










Standing balances must stay at least 2 seconds in a static position. Leg separation requirements need to be fulfilled (15° tolerance). Both legs straight (15° tolerance, not applicable to lifting leg in SB404). For upright body position the tolerance is 30°. When the free leg is bent (forward/side) the heel is used to define the angle to the hip. If not otherwise mentioned the placement of arms is optional for the team.

Standing Balances	0.2	0.4	0.6	0.8	1.0	1.2
Side balance with help of hand Free leg on the side with help of hand. Body in upright position. Leg separation/ tiptoes position defines the element.			SB601 120° 		SB1001 on tiptoes 120° 	SB1201 180° 
Side balance without help of hands Free leg on the side without help of hand. Body in upright position. Leg separation/ tiptoes position defines the element.		SB402 90° 			SB1002 120° 	SB1202 on tiptoes 120° 
Frontal balance Free leg in front with help of hand/ hands. Leg separation/ tiptoes position defines the element.			SB603 120° 		SB1003 on tiptoes 120° 	
Frontal balance Free leg in front without help of hand/ hands. Leg separation/ tiptoes position defines the element. In SB404 the toe is placed on the knee.	SB204 90° 	SB404 on tiptoes 	SB604 on tiptoes 90° 		SB1004 120° 	SB1204 on tiptoes 120° 






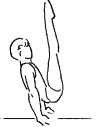








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Standing Balances Continued	0.2	0.4	0.6	0.8	1.0	1.2
Side balance Upper body at horizontal, free leg to the side. Heel defines the angle to the hip. Leg separation defines the element.			SB605   90°	SB805   120°		
Scale Upper body must be horizontal or above. Leg separation/ tiptoes position defines the element.		SB406   90°			SB1006   120°	SB1206  on tiptoes 120° 
Scale sideways without help of hand Shoulders and the hip must both be sideways. Upper body must be horizontal and the bodyposition is measured from the upper side of the torso. Leg separation defines the element and is measured from the heel. The hip must be extended.				SB807  90° 		SB1207  120° 

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1.3 Hand Supportive Balances						
<p>Hand supportive balances must stay at least 2 seconds in a static position. Hands are the only part of the body which is in contact with the floor (except HB201, HB801 and HBX06).</p>						
Hand Supportive Balances	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
<p>Headstand/Handstand In HB201 head is allowed on floor. In HB801 no leaning on head. In HB1001 the arms must be straight (tolerance 45°) and the placement of legs is optional for each gymnast but must be equal to or above hip level.</p>	HB201 			HB801 	HB1001 	
<p>Planche on elbows/ straight arms, legs separated Leg separation 45° The body is supported on both hands on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal (20° tolerance) (Not in HB202). When performing HB1202, arms must be straight (15° tolerance).</p>	HB202 	HB402 				HB1202 
<p>Planche on elbows/ straight arms, legs together Straight legs together (except HB403). The body is supported on both hands (except HB403) on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal (20° tolerance). When performing HB1403, arms must be straight (15° tolerance).</p>		HB403 	HB603 			HB1403 
<p>Straddle pike sitting-support Straight legs. Hands can be placed in front or back (HB404) or front and back (HB204), leg separation 45°. When legs are lifted higher than parallel to the floor, leaning on the arms is not allowed. Both hands are placed at the side of the body, close to the hips. Body is supported with only the hands in contact with the floor.</p>	HB204 	HB404 	HB604 	HB804 		

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Hand Supportive Balances Cont'd	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
Pike sitting- support Straight legs together. When legs are lifted higher than parallel to the floor no leaning on the arms is allowed. Both hands are placed at the side of the body, close to the hips. Body is supported only with the hands in contact with the floor.		HB405  		HB805   45°	HB1005   90°	
Bridge Position and angle of the free leg defines the element. Shoulders must be at least on top of the finger tips (as defined by a vertical straight line through the centre of the shoulders).	HB206  		HB606  thigh vertical 	HB806  leg 45° from vertical 	HB1006  leg vertical 	

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2 JUMPS

The text contains the definition of the element and the picture is a guideline.











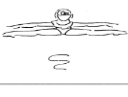
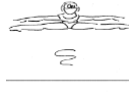
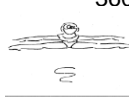
2.1A Jumps / Hops

A Jump takes off from two feet and lands on one or two feet or front laying support.

















A Hop takes off from one foot and lands on the same foot or front laying support.

A recognised shape (position) must be formed in the air. No more than three steps (walking/ running) are allowed before a jump or hop.


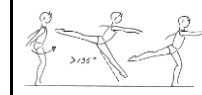

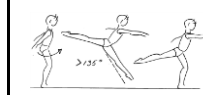











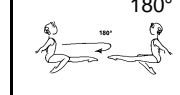

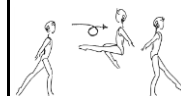

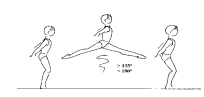

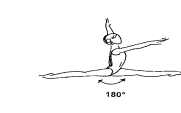






In the take off and landing, the hip defines the degree of the turn/ twist and the tolerance to get the value is 45° under and over rotation. There is a 15° tolerance on leg separation. When performing with the foot at shoulder/head height, the lowest part of the foot is defining the height. The whole foot (both heel and toes) must be at the required height.

Jumps/Hops	0.2	0.4	0.6	0.8	1.0	1.2
Stretched jump with twisting Body straight during the flight. Twist finished in the air. Placement of arms is optional.		J401  360°	J601  540°		J1001  720°	J1201  900°
Tuck jump with twisting Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. Twist finished in the air. Placement of arms is optional.			J602  360°		J1002  540°	J1202  720°
Tuck jump or hop with or without twisting to front laying support Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. When twisting 180° turn must be ready before tucked position. When twisting 360° or more turn must be ready before landing. Body must be horizontal before landing.		J403  180°	J603  360°	J803  540°		
Straddle pike jump with or without twisting Leg separation 135° and clear pike 90° (tolerance in leg separation and hip angle 15°) legs straight without a kick.			J604  180°	J804  360°	J1004  540°	

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Jumps/Hops Continued	0.2	0.4	0.6	0.8	1.0	1.2
<p>Shushunova with or without twisting Leg separation 135° and clear pike 90° (tolerance 15° in leg separation and hip angle) before landing in front laying support. Body must be horizontal before landing. When twisting the turn must be performed during the flight.</p>			<p>J605 </p> 	<p>J805 A/B </p> <p>J805A=180° J805B=360°</p> 		
<p>Pike jump or hop to front laying support with or without twisting Clear pike 90° (tolerance 15°) before landing in front laying support, straight legs together. Body must be horizontal before landing. When twisting, the turn must be performed during the flight.</p>			<p>J606 </p> 	<p>J806 A/B </p> <p>J806A= twist 180° J806B= twist 360°</p> 		
<p>Sheep jump Head back. Height of the feet defines the jump. Legs may be separated. No tolerance in feet height.</p>				<p>J807 </p> <p>Feet at shoulder height</p> 	<p>J1007 </p> <p>Feet at head height</p> 	
<p>Sheep jump twisted The feet must reach the shoulder height somewhere during the jump. No tolerance in feet height. Twist must be performed during the flight.</p>				<p>J1008 </p> <p>twist 180°</p> 	<p>J1208 </p> <p>twist 360°</p> 	

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Jumps/Hops Continued	0.2	0.4	0.6	0.8	1.0	1.2
Sissone Take off from both legs and landing on one leg. In J1209 A/B No tolerance in foot high.		J409  Leg separation 135° 		J809  Leg separation 180° 		J1209 A/B  Foot at shoulder height J1209A without twist J1209B with 180° twist 
Double stag jump with or without twisting Right 'stag'-position must be visible during the jump: both legs bent 90°, leg separation 135° (tolerance 15°), height of the rear foot or twists defines the element. No tolerance in foot high. The turn must be fulfilled during the flight.	J210  	J410  180° 			J1010  Double stag ring Foot at head height 	
Wolf jump or hop with or without twisting One leg extended, other tucked. Hip and bent knee angles 90° (tolerance 15°). When twisting, the turn must be performed during the flight.	J211  	J411  180° 		J811  360° 		
Split jump In J412 and J812 both legs must be straight, no kick. Leg separation defines the jump. In J1212 horizontal ring jump: first leg straight and horizontal, rear foot at shoulder level or higher.		J412  leg separation 135° 		J812  leg separation 180° 		J1212  leg separation 180° 
Split jump landing to front laying support Legs must be straight, no kick. Leg separation defines the jump. Body must be horizontal before landing.			J613  leg separation 135° 	J813  leg separation 180° 		

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2.1B Leaps


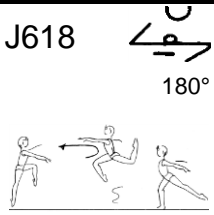

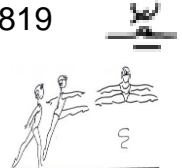
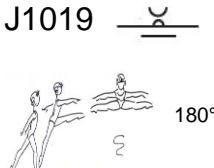
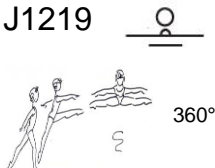
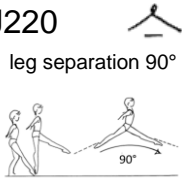
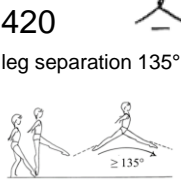
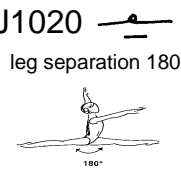
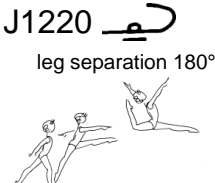
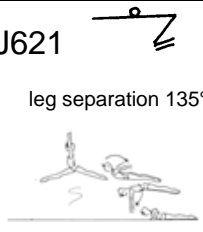
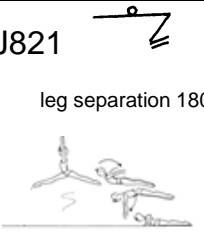
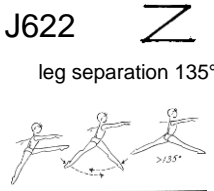
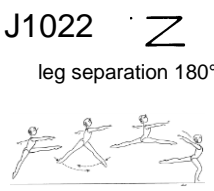
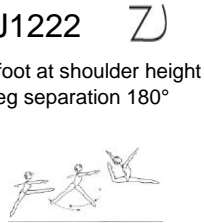
A Leap takes off from one foot and lands on the other or both feet or front laying support (not switch leaps in rows 22, 23 and 24).

A recognised shape (position) must be formed in the air. No more than three steps (walking or running) are allowed before a leap.








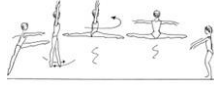

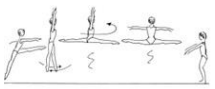
In the take off and landing, the hip defines the degree of the turn/ twist, and the tolerance to get the value is 45° under and over rotation. There is a 15° tolerance on leg separation. When performing with the foot at shoulder/head height, the lowest part of the foot is defining the height. The whole foot (both heel and toes) must be at the required height.

Leaps	0.2	0.4	0.6	0.8	1.0	1.2
Cat leap twisting Bent legs. Leg change during the flight. Legs must be horizontal somewhere during the flight. The turn must be fulfilled in the air.			J614 360° 	J814 540° 		J1214 720°
Scissors leap with and without twisting Straight legs. Leg change during the flight. First leg must reach horizontal. J615: First vertical hop lifting first leg horizontal, then half turn (to the direction of the take off leg) lift the other leg 120° and land to the first lifted leg. The turn must be fulfilled in the air.		J415 Leg separation 120° 	J615 Leg separation 120° turn 180° 			
Scissors leap 180° Straight legs. Leg change during the flight. First leg must reach horizontal. Twisting during the flight. Leg separation after the turn defines the element.		J416 Leg separation 90° 			J1016 leg separation 135° 	J1216 leg separation 180°
Butterfly upwards Upper body at horizontal, legs above horizontal level.					J1017 leg separation 90° 	

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Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
Double stag leap with or without twisting Right 'stag'-position must be visible during the leap: both legs bent 90°, leg separation 135° (tolerance 15°), height of the rear foot or twists defines the element. No tolerance in foot high. The turn must be fulfilled during the flight.		J418 	J618 		J1018  Double stag ring Foot at head height	
Split leap to straddle pike position with or without twisting Leg separation 135° and clear pike 90° (tolerance in leg sep. and hip angle 15°) legs straight without a kick.				J819 	J1019 	J1219 
Split leap forward In J220, J420 and J1020 both legs must be straight, no kick. Leg separation defines the leap. In J1220 horizontal ring-leap: first leg straight and horizontal, foot at shoulder level or higher.	J220  leg separation 90°	J420  leg separation 135°			J1020  leg separation 180°	J1220  leg separation 180°
Split leap forward landing to front laying support Legs must be straight, no kick. Leg separation defines the value of the leap. Body must be horizontal before landing.			J621  leg separation 135°	J821  leg separation 180°		
Switch leap J622 and J1022 both legs must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. In J1222 first leg must be straight.	In		J622  leg separation 135°		J1022  leg separation 180°	J1222  foot at shoulder height leg separation 180°

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



















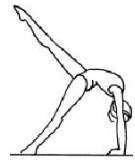

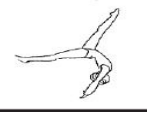
Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
<p>Switch leap to front laying support Both legs must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Body must be horizontal before landing.</p>			<p>J623  leg separation 135° </p>	<p>J823  leg separation 180° </p>		
<p>Switch leap twisting Both legs must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Twist must be finished during the flight.</p>			<p>J624  leg separation 135° twist 90° </p>		<p>J1024  leg separation 135° twist 180° </p>	<p>J1224  leg separation 180° twist 180° </p>

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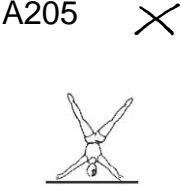




3 ACROBATIC ELEMENTS

The text contains the definition of the element and the picture is a guideline.

Different landing positions are allowed as long as they are feet first (in absence of any other description). In saltos, the take-off is allowed from one or two feet.

Acrobatic Elements	0.2	0.4	0.6	0.8	1.0	1.2
Forwards		A401  handspring legs together/with leg split 		A801  free handspring 		
Forwards In A602 the landing in sitting position must be with hands and foot before any other part of the body.		A402  walk over forwards 	A602  sitting salto 	A802  	A1002  	
Backwards	A203  	A403  	A603  	A803  	A1003  	
Backwards		A404  walk over backwards 		A804  tempo salto legs separated/together 		

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Acrobatic Elements Continued	0.2	0.4	0.6	0.8	1.0	1.2
Sideways	A205 		A605  free cartwheel	A805  salto sideways		
Backwards twisting				A806  ^{180°} Tucked salto with 180°	A1006  ^{360°} Tucked salto with 360°	A1206 A/B/C A) Straight salto with 360° B) Straight salto with 540° C) Straight salto with 720°

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APPENDIX A2a - Tumble Elements Difficulty Values

Diff Value	Group 1 Forward elements	Artistic Code	K Code	Diff Value	Group 2 Backward elements	Artistic Code	K Code
0.10	Cartwheel	X	X	0.10	Round off	⋈	R
0.20	Handspring	⤿	H	0.20	Flick Flack	⤿	F
0.20	Flyspring	⤿	FS	0.20	Tucked salto	⤿	O
0.20	Tucked salto (At start)	★ ⤿	O	0.20	Piked salto	⤿V	<
0.20	Tucked salto	⤿	O	0.30	Whipback	⤿	W
0.30	Piked salto (At start)	★ ⤿V	>	0.30	Straight salto	⤿	I
0.30	Piked salto	⤿V	>	0.30	Tucked salto ½	⤿ 180	O1
0.30	Straight salto (At start)	★ ⤿	I	0.30	Piked salto ½	⤿V 180	<1
0.40	Straight salto	⤿	I	0.40	Tucked salto 1/1	⤿ 360	O2
0.30	Tucked salto ½	⤿ 180	O1	0.40	Straight salto ½	⤿ 180	I1
0.40	Tucked salto 1/1	⤿ 360	O2	0.50	Straight salto 1/1	⤿ 360	I2
0.40	Piked salto ½	⤿V 180	>1	0.60	Straight salto 1½	⤿ 540	I3
0.50	Straight salto ½	⤿ 180	I1	0.70	Straight salto 2/1	⤿ 720	I4
0.40	Straight salto 1/1 (At start)	★ ⤿ 360	I2	0.80	Straight salto 2½	⤿ 900	I5
0.60	Straight salto 1/1	⤿ 360	I2	0.80	Double salto tucked	⤿⤿	OO
0.70	Straight salto 1½	⤿ 540	I3	0.90	Double salto piked	⤿⤿V	<<
0.80	Straight salto 2/1	⤿ 720	I4	1.10	Double salto straight	⤿⤿	II
0.90	Straight salto 2½	⤿ 900	I5	1.00	Double salto tucked 1/1	⤿⤿ 360	OO2
1.10	Double salto tucked	⤿⤿	OO	1.20	Double salto tucked 2/1	⤿⤿ 720	OO4
1.30	Double salto piked	⤿⤿V	>>	1.30	Double salto straight 1/1	⤿⤿ 360	II2
1.50	Double salto straight	⤿⤿	II	1.50	Double salto straight 2/1	⤿⤿ 720	II4
1.20	Double salto tucked ½	⤿⤿ 180	OO1	1.80	Double salto straight 3/1	⤿⤿ 1080	II6
1.40	Double salto tucked 1½	⤿⤿ 540	OO3	1.60	Triple salto tucked	⤿⤿⤿	OOO
1.40	Double salto piked ½	⤿⤿V 180	>>1	1.90	Triple salto piked	⤿⤿⤿V	<<<
1.60	Double salto straight ½	⤿⤿ 180	II1	2.00	Triple salto tucked 1/1	⤿⤿⤿ 360	OOO2
1.80	Double salto straight 1½	⤿⤿ 540	II3				
2.00	Double salto straight 2½	360 ⤿⤿ 540	II5				
	★ Note reduced value for some starting saltos						

The difficulty value for other elements can be counted by adding the basic element value (marked in blue) and the additional value for twists.

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APPENDIX A2b - Tumble Series Difficulty Values

Diff value	Series 1 - Forward with tucked/piked saltos	K Code	Series 2 - Forward with straight saltos Forward	K Code	Series 3 - Back with tucked/piked saltos	K Code	Series 4 - Back with straight saltos	K Code	Series 5 - Back with two multiple saltos	K Code	Series 6 combined	K Code
0.40		HFS O				RFO						
						RF<						
0.50		HFS>						RF/				>RFO
		\HO										>RF<
0.60												>RF/
		\H>										\RF/
0.70								360 RF/2				\2RF/
0.80				180 \H/1								
				360 \2H\								
0.90				360 180 \2H\1				720 RF/4				\2RF/2
1.00				360 360 \2H\2			RF00					
1.10				360 540 \2H\3			RF<<					\2RF/4
												\RF00
1.20						360 RF002						\2RF00
												\RF<<
1.30								RF//				\2RF<<
1.40		\H00				720 RF004						\2RF002
1.50		\2H00						360 RF//2				>RF004
												\2RF//
1.60		180 \2H001										\2RF004
		\H>>										
1.70		540 \H003						720 RF//4				\2RF//2
		\2H>>										
1.80		540 \2H003				RF000						
1.90				180 >H\1						RF//WF00		\2RF//4
2.00				180 \2H\1				1080 RF//6		RF//WF<<		
2.10				540 >H\3		RF<<<		1080 RWF//6		360 RF//WF002		
2.20				540 \2H\3								\2RF//6
2.30				900 >H\5						720 RF//WF004		
2.40										360 RF//WF//2		
2.50										360 720 RF//2WF004		
2.60										720 RF//WF//4		
2.70												
2.80										360 720 RF//2WF//4		

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APPENDIX A3 - Trampet Elements Difficulty Values

Diff value	Group 1 with Vaulting Table	Artistic Code	K Code
0.30	1/4 on 1/4 off	90 \curvearrowright = \frown 90	R
0.40	Handspring ½ on	180 \curvearrowright = \frown	1H
0.40	Handspring	\curvearrowright = \frown	H
0.50	Handspring ½ on ½ off	180 \curvearrowright = \frown 180	1H1
0.50	Handspring ½ off	\curvearrowright = \frown 180	H1
0.60	Handspring ½ on 1/1 off	180 \curvearrowright = \frown 360	1H2
0.60	Handspring 1/1 off	\curvearrowright = \frown 360	H2
0.70	Handspring ½ on 1½ off	180 \curvearrowright = \frown 540	1H3
0.70	Handspring 1½ off	\curvearrowright = \frown 540	H3
0.80	Tsukahara tucked	TSU	TO
0.90	Tsukahara piked	TSU V	T<
1.00	Tsukahara straight	TSU /	T/
1.20	Tsukahara straight 1/1 ★	TSU / 360	T/2
1.40	Tsukahara straight 2/1 ★	TSU / 720	T/4
0.80	Handspring salto tucked	\curvearrowright = δ	HO
0.90	Handspring salto piked	\curvearrowright = δ V	H>
1.00	Handspring salto straight	\curvearrowright = δ	H\
0.90	Handspring salto tucked ½	\curvearrowright = δ 180	HO1
1.00	Handspring salto piked ½	\curvearrowright = δ V 180	H>1
1.10	Handspring salto straight ½	\curvearrowright = δ 180	H\1
1.30	Handspring salto straight 1½	\curvearrowright = δ 540	H\3
1.50	Handspring salto straight 2½	\curvearrowright = δ 900	H\5
1.60	Double Tsukahara tucked	TSU $\ell\ell$	TOO
1.80	Double Tsukahara piked	TSU $\ell\ell$ V	T<<
2.00	Double Tsukahara tucked 1/1	TSU $\ell\ell$ 360	TOO2
1.70	Handspring double tucked ½	\curvearrowright = $\delta\delta$ 180	HOO1
1.90	Handspring double piked ½	\curvearrowright = $\delta\delta$ V 180	H<<1
2.10	Handspring dbl. tucked 1½	\curvearrowright = $\delta\delta$ 540	HOO3
2.50	Handspring dbl. tucked 2½	\curvearrowright = $\delta\delta$ 900	HOO5

Diff value	Group 2 without Vaulting Table	Artistic Code	K Code
0.10	Tucked salto	δ	O
0.10	Piked salto	δ V	>
0.20	Straight salto	δ	\
0.20	Tucked salto ½	δ 180	O1
0.20	Piked salto ½	δ V 80	>1
0.30	Straight salto ½	δ 180	\1
0.30	Tucked salto 1/1	δ 360	O2
0.40	Straight salto 1/1	δ 360	\2
0.50	Straight salto 1½	δ 540	\3
0.60	Straight salto 2/1	δ 720	\4
0.70	Straight salto 2½	δ 900	\5
0.60	Double salto tucked	$\delta\delta$	OO
0.70	Double salto piked	$\delta\delta$ V	>>
0.80	Double salto straight	$\delta\delta$	\
0.70	Double salto tucked ½	$\delta\delta$ 180	OO1
0.80	Double salto piked ½	$\delta\delta$ V 180	>>1
0.90	Double salto tucked 1½	$\delta\delta$ 540	OO3
0.90	Double salto straight ½	$\delta\delta$ 180	\1
1.10	Double salto straight 1½	$\delta\delta$ 540	\3
1.30	Double salto straight 2½	$\delta\delta$ 900	\5
1.60	Double salto straight 3½	$\delta\delta$ 1260	\7
1.50	Triple salto tucked ½	$\delta\delta\delta$ 180	OOO1
1.70	Triple salto piked ½	$\delta\delta\delta$ V 180	>>>1
2.10	Triple salto straight ½	$\delta\delta\delta$ 180	\1
1.90	Triple salto tucked 1½	$\delta\delta\delta$ 540	OOO3
2.30	Triple salto tucked 2½	$\delta\delta\delta$ 900	OOO5
2.80	Triple salto tucked 3½	$\delta\delta\delta$ 1260	OOO7

★ TSU (tucked/straight) 360 and Kasamatsu (KAS) (tucked/straight) are judged as the same element.

★ TSU (tucked/straight) 720 and Kasamatsu 360 (KAS 360) (tucked/straight) are judged as the same element.

The difficulty value for other elements can be counted by adding the basic element value and the additional value for twists.

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Appendix A4

Element Recognition

1 Floor

1.1 General

- a) All difficulty elements must comply with the norms defined in Appendix A1
- b) In order to achieve full difficulty, specific technical expectations are required
- c) The selected difficulty elements must be performed by all gymnasts at the same time (according to the choreography). If, for example, one gymnast is late in time and performs the element later than the rest of the team, the team will still get the D value of the element, because the element was choreographed to be performed at the same time
- d) The whole team needs to perform exactly the same difficulty element with the same code number and variation (A/B/C). An element with the same code number can be counted only once even if performed with different variations. E.g. if a team performs J806A and J806B, the element can be counted only once
- e) Mirroring is allowed in all difficulty elements. This means that gymnasts can individually choose e.g. the supporting leg in standing balances
- f) In elements with flexibility requirement (e.g. leg separation or hip/ knee angle requirements in jumps/ balances etc.) there is a general 15° tolerance for the leg separation and hip/ knee angle requirements. Showing additional flexibility or smaller hip/ knee angles does not affect the difficulty value
- g) If the team is not fulfilling the difficulty requirements of the element, the D value is reduced as follows:
 - If 1-2 gymnasts fail to perform the element according to the difficulty requirements, the D value of the element is divided by 2 (team will receive 50% of the original difficulty value of the element)
 - If three or more gymnasts fail in performing the element, the difficulty value of that element will be zero for the team
 - If one or more gymnasts are not even trying to perform the element, the difficulty value of that element will be zero for the team
- h) No more than three steps (walking or running, according to the choreography) are allowed before any difficulty element. If one or two gymnasts take too many steps, the DV will be divided by 2. If three or more gymnasts are taking e.g. 4 steps before a leap, the team does not get the DV.
- i) All elements that the team wishes to be counted towards the D score must be marked in the team's tariff form. Judges are only checking if the elements written on the tariff form are performed correctly or not

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1.2 Labelling the Elements

- a) The letter in front of the code number explains the category of the element:
 - DB= Dynamic Balance element
 - SB= Standing Balance element
 - HB= Hand Supportive Balance element
 - J= Jump/hop/leap
 - A= Acrobatic element
- b) The first number tells the value of the element (e.g. number 4 means 0.4 in DV)
- c) The two last numbers tell the row number in the difficulty table
- d) For example: Shushunova is shown as J605, which means Shushunova is a jump/hop/leap (J), element's DV is 0.6 and the row number in A1 jump- table is 05.

1.3 Difficulty Requirements

1.3.1 Balance Elements

1.3.1.1 Dynamic Balances (DB)

Pirouettes

- a) A pirouette is a turn performed on one foot. The pirouette must be performed clearly on toes. The turn must not be done by jumping. However, a slight hop to maintain the balance during the pirouette is allowed.
- b) The rotation is measured at the hips and there is a general 45° tolerance for under/over rotation to get the DV
- c) A pirouette starts when the free leg and the heel is lifted from the ground and is finished when one of the following occurs:
 - The rotation is over or
 - The heel of the supporting leg is touching the floor or
 - The free leg is touching the floor
- d) The body shape must be correct. The leg separation requirement must be fulfilled (15° tolerance) and the free leg must be held in the correct position for at least $\frac{3}{4}$ of the rotation.
All gymnasts must start the turn facing the same direction, according to the choreography. No need to perform pirouettes with the same leg.

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Power Elements

- a) There must be a controlled and continuous movement showing dynamic strength. The movement must be performed by using muscle power, not by the gravity (not too fast lowering). No pause ≥ 3 sec allowed. No fall or more than one step allowed. E.g. in lowering from the handstand to straddle pike sitting must be slower than just gravity taking the gymnast down
- b) Starting and ending positions must be clear, but do not need to be held for two seconds. All gymnasts perform the same power element with arms and legs in the same position
- c) The body position must be according to the definition of the element, e.g. straight arms and legs together when required
- d) No supportive weight on the legs allowed in the following elements: Press up to handstand (DB1406, DB1407, DB1608), from handstand to straddle pike or pike sitting support (DBX11), Circles (DBX12) and Russian Wendel-Swing (DB1013)
- e) Handstand as a starting or ending position in power elements must have straight legs together and arms and hip straight

1.3.1.2 Standing Balances (SB)

- a) There must be a recognised shape when performing balances on one leg. The whole body must be held in a static position for at least two seconds without any additional choreographed movements. In case the body or part of the body like an arm is moving slightly, but the elevated leg is kept in the required position and the supporting leg is not moving, the difficulty is still given
- b) The supporting leg needs to be straight (15° tolerance)
- c) The body position must be according to the definition of the element, e.g. upright body position, upper body at horizontal, straight body position, straight legs and standing on tiptoes when required

1.3.1.3 Hand Supportive Balances (HB)

- a) In a hand supportive balance, the body is held in a static position for at least two seconds
- b) Only the hands are touching the floor (except in headstand HB201, forearm balance HB801 and bridges HBX06)
- c) There must be a recognised shape without any additional movement. The hip angle and leg separation requirement must be fulfilled (15° tolerance)
- d) In case the body or part of the body like the legs are moving slightly, but the hands are not moving, the difficulty is still given
- e) Leaning on the arms is not allowed in pike sitting supports where the legs are lifted over the horizontal level
- f) In handstand HB1001, the legs need to be equal or above hip level

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1.3.2 Jumps (J)

- a) A recognised body shape (position) must be shown in the air. E.g. straight arms legs, straight shoulder angle and correct body line when required. The shape during flight, twisting and landing must be according to the definition of the element. If not otherwise mentioned, the placement of the twist is optional, but all gymnasts must perform the same variation
- b) The leg separation, hip angle (15° tolerance) and twist requirements (45° tolerance for under/over rotation) need to be fulfilled
- c) The whole team must perform the same jump with arms and legs in the same position. If not otherwise mentioned, the placement of arms is optional for the team
- d) When landing in front laying support the body must be horizontal before landing. Horizontal means that shoulders, hip and heels are all on the same level

1.3.3 Acrobatic elements (A)

Acrobatic elements must comply with norms of TeamGym.

1.3.4 Combination (C)

- a) A combination value will be awarded for direct connections between difficulty elements as follows:
 - Jump/hop/leap + Jump/hop/leap
 - Jump/hop/leap + pirouette or standing balance
 - Jump/hop/leap + acrobatic element
or in reverse order
- b) The elements used in the combination must be from those nine elements that are selected as difficulty elements. Both elements must be performed or at least tried to performed by all gymnasts
- c) In direct connections
 - Both feet can touch the ground only once
 - No pause to prepare for the second take-off allowed. After the completion of the first element, there should be no pauses. The gymnast must already be prepared to execute the second element as soon as both feet have touched the ground
 - No major loss of balance in between the elements, no extra step or hop to combine the elements
- d) Calculating the value of two combined elements is:
(value of the first + value of the second) / 2
- e) The individual element values as given by the panel
- f) A team can mark only one combination on the tariff form

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1.3.5 Flexibility Elements

- a) The gymnasts in the team may individually choose a flexibility element, which must be performed at the same time according to the choreography. Each gymnast can choose one of the following elements:
 - Splits (left or right leg in front is optional), the tolerance on the leg separation is 15°
 - Side splits, the tolerance on the leg separation is 15°
 - Straddle pike sitting fold, leg separation must be at least 90° (tolerance 15°), upper body folded all the way down
 - Pike sitting fold, chest must touch straight legs
- b) In the flexibility element, the position must be clearly shown, but does not have to stay still
- c) If the team is not fulfilling the above flexibility requirements, the composition value is reduced as follows:
 - If 1-2 gymnasts fail to perform the flexibility element according to the requirements, the composition value of the element is 0.5 for the team
 - If 3 or more gymnasts fail in performing the element, the composition value is zero for the flexibility element for the team

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2 Tumble and Trampet

2.1 Element Recognition

2.1.1 Required Body Positions in Saltos

Gymnasts can rotate in tucked/pucked, piked or straight shapes (as per the definitions below).

In double and triple saltos with more than half twist, the tucked position may be slightly modified (opened) and is then referred to as a pucked position. The pucked position is regarded as tucked in terms of difficulty.

Take off for forward somersaults is from vertical to the first 135° of rotation.

Take off for backward somersaults is from vertical to the first 90° of rotation.

Preparation for landing is the last 90° of rotation for straight somersaults.

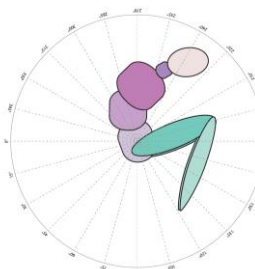
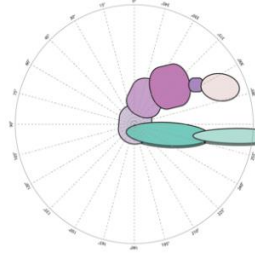
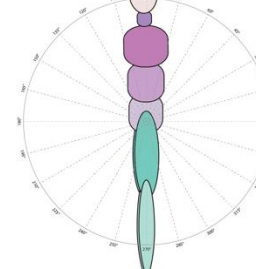
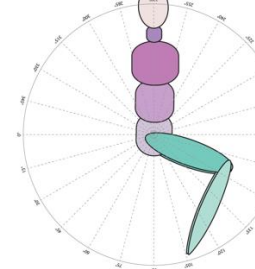
Between take off phase and preparation for landing phase is the 'flight phase'.

The lowest value shape shown during the flight phase defines the value of the element.

A straight somersault must be shown throughout the flight phase.

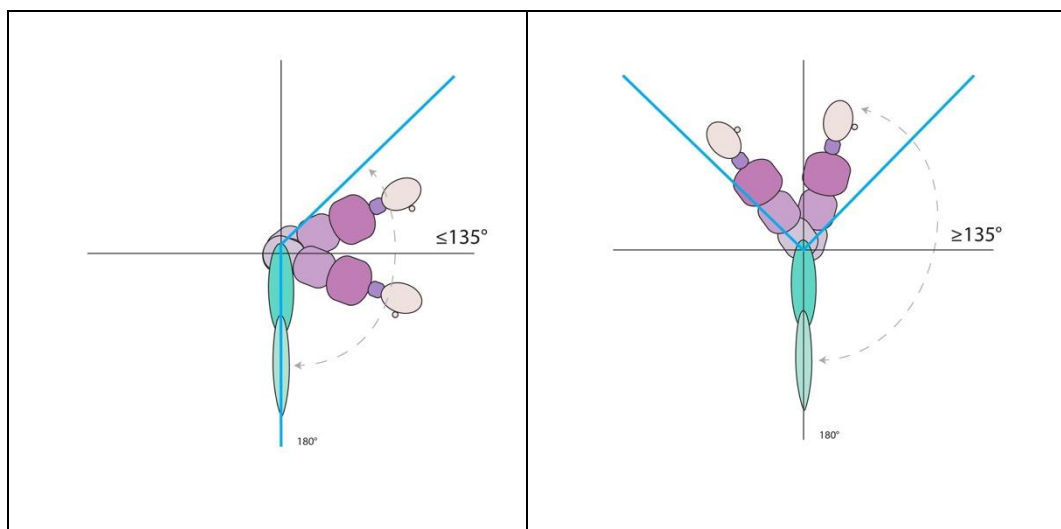
A tucked and piked somersault must be shown at some point during the flight phase.

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Tucked position	Piked position	Straight position	Pucked position
			
<p>In a tucked body position the knees and hips are bent and drawn towards the chest.</p> <p>Equal to or less than 135° for the hips and 135° between the thighs and the lower legs are acceptable.</p>	<p>In a piked body position the body is bent in the hips with the legs straight.</p> <p>Equal to or less than 135°* for the hips is acceptable.</p> <p>A slight bending (30°) of the knees is accepted.</p>	<p>A straight body position is exactly 180° in both hips and knees.</p> <p>Equal to or more than 135°* for the hips are acceptable.</p>	<p>A pucked body position is typically 120° in the hips and 90°-120° in the knees. This is a modification of the tucked position for twisting multiple saltos.</p> <p>The pucked position is regarded as a tucked.</p>

* Body positions at exactly 135° are counted to the benefit of the team taking into account both composition deductions and difficulty. Values for body positions are only given when the gymnast clearly shows the body position in each salto. For execution deductions see appendix A5.

All body positions where the knees are bent $\leq 90^\circ$ are counted as tucked.



Recognition of Piked (left) versus Straight (right). The pictures indicate the angle at the hips. Blue lines show 135° between legs and upper body.

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2.1.2 Twisting Requirements

- a) The body position in any given salto with more than half twist will either be accepted as a tucked (pucked) or straight body but never piked
- b) Additional values for twists will be accepted when rotated up to at least 45° from the nominal twist rotation. If under rotated by more than 45°, the number of credited twists is reduced to the number of completed half twists. This position is measured at the hips. Any deviation from nominal twist rotation will be deducted by the execution judges
- c) Note that twisting doubles and triples with less than three twists in the Team Round will require the same number of twists in each salto for each gymnast. There is 90° of tolerance for division of twists
- d) Tsukahara without twisting in the somersault does not fulfil the twisting requirement

2.1.3 Double and Triple Saltos

In Trampet, double and triple saltos are counted from the trampet to landing. This means that Tsukahara and handspring salto are both considered as double saltos and Tsukahara double and handspring double are considered as triple saltos.

2.1.4 Whipback

A whipback in Tumble is defined as a single backward salto with arched body position and performed at shoulder height or lower. An element performed higher than shoulder height and without arched body position is counted as a straight salto.

2.1.5 Elements other than saltos

For round-off, handspring, flyspring and flick-flack there must be contact from hands to feet. The limit is light contact from at least one hand and foot.

2.1.6 Tsukahara 360° and Kasamatsu

Tsukahara (TSU) 360° in tucked or straight and Kasamatsu (KAS) in tucked or straight are judged as the same elements. This also applies to TSU 720° and KAS 360°.

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2.1.7 Recognition of Different Elements

- a) Elements based on the same basic element can be counted as different if the gymnast performs with different body positions or different number of twists. This implies that in double and triple saltos an element is different even if the gymnast is changing the body position in only one salto and the difficulty value remains the same
- b) A double piked salto with half twist vs a double salto with straight in the first and piked in the second are different elements from a composition point of view. Although both elements will be given the same difficulty value
- c) In doubles and triples the number of twists in each salto also makes different elements. E.g. a double salto with full twist in and half twist out is different from half twist in and full twist out
- d) When performing double and triple saltos with three or more twists the exact placement of the twists is not considered. A double straight salto with 540° twist in the first and 720° twists in the second salto is thus recognised as the same element as a double straight with 720° twists in the first and 540° in the second salto

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Appendix A5

Table of General Faults and Penalties

1 Floor

Floor Execution Faults	Minor	Moderate	Major
1.1. Precision in formations			
All gymnasts must be on exact places according to the formations in the tariff form			
Deduction if a gymnast is out of formation	Gymnast out of formation		
1.2. Transitions			
Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Program			
Deduction if transitions are performed simply by walking, marching or running without the whole upper included in the movement	Missing gymnastic quality in transition		
Transitions must be performed by easy access			
Deduction if transitions between formations are not performed by easy access	Not having easy access to a Formation/Group Element Extra/large steps to get in place		
1.3. Synchronisation			
The team must perform the elements at the same time when intended according to the choreography			
Deduction if a gymnast is not synchronized with the rest of the team	Gymnast about one beat ahead/after	Gymnast about two beats ahead/after (e.g. coming earlier down from a balance element)	Gymnast "lost"; performing totally different or not performing at all

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Floor Execution Faults	Minor	Moderate	Major
1.4. Uniformity in execution			
The team must perform the same movements and elements in the same way when intended according to the choreography			
Deduction if there are differences in performing elements meant to be the same	Small differences in performance e.g. when a gymnast is not facing in the exact same direction as the others or perform an element in a slightly different way	Very visible differences in performance e.g. hands down near the body when the rest of the team is performing hands in horizontal position	
1.5. Performance in difficulty and flexibility elements			
1.5.1 Dynamic balances			
1.5.1.1 Pirouettes			
Pirouette must be performed on one foot			
Deduction if performed both feet on floor			Pirouette performed both feet on floor somewhere during the turn <i>[Reduction of DV]</i>
Pirouette must be performed on toes			
Deduction if pirouette is not performed clearly on toes	Deduction if heel is slightly touching the floor (no weight on the heel)		
Pirouette must be performed without jumping			
Deduction when gymnast is hopping/jumping during the pirouette	Hop during the pirouette	Turning the pirouette by jumping <i>[Reduction of DV]</i>	
The rotation of the pirouette must be completed, measured at the hips			
Deduction if the turn is not properly completed	Under or over rotation $\leq 45^\circ$	Under or over rotation $> 45^\circ$ up to 90° <i>[Reduction of DV]</i>	Under or over rotation $> 90^\circ$ <i>[Reduction of DV]</i>

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Floor Execution Faults	Minor	Moderate	Major
The body shape must be correct			
Deduction if upper body is bent/ arched	Upper body leaning forward/ arched $\geq 15^\circ$		
Leg separation requirement must be fulfilled			
Deduction if the leg separation requirement is not fulfilled	Leg separation too small $\leq 15^\circ$	Leg separation too small $> 15^\circ$ <i>[Reduction of DV]</i>	
1.5.1.2 Power elements			
No stepping with hands			
Deduction if stepping with hands during the element (not in Circles, DBX12, and Russian Wendel-Swing, DB1013)	One step on hands to maintain the balance	Two or more steps to maintain the balance <i>[Reduction of DV]</i>	
No pause or stop during the element			
Deduction if there is a pause/ stop during the power element	Short pause during the element (< 3 sec)	Stop during the element (≥ 3 sec) <i>[Reduction of DV]</i>	
Movement must be controlled			
Deduction if the movement is not controlled through the element, lowering is too fast		Fast lowering from the handstand, still visible ending position	Fast lowering from the handstand, no clear ending position <i>[Reduction of DV]</i>
Starting and ending positions must be clearly visible			
Deduction if no clear positions in the beginning/ end of the element		No visible starting or ending position (e.g. not showing handstand) <i>[Reduction of DV]</i>	
Arms must be straight when required			
Deduction when bent arms	Slightly bent arms $\leq 15^\circ$	Bent arms $> 15^\circ$ up to 45°	Bent arms $> 45^\circ$ <i>[Reduction of DV]</i>
Legs must be straight when required			
Deduction when bent legs	Slightly bent legs $\leq 15^\circ$	Bent legs $> 15^\circ$ up to 45° <i>[Reduction of DV]</i>	Bent legs $> 45^\circ$ <i>[Reduction of DV]</i>

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Floor Execution Faults	Minor	Moderate	Major
Legs must be together when required			
Deduction when legs are separated	Leg separation $\leq 15^\circ$	Leg separation $>15^\circ$ up to 45° <i>[Reduction of DV]</i>	Leg separation $>45^\circ$ <i>[Reduction of DV]</i>
Legs must be off the ground			
Deduction if legs touch the floor in elements DB1406, DB1407, DB1608, DBX11, DBX12 and DB1013	Legs touching the floor with no supportive weight		Legs touching the floor with supportive weight <i>[Reduction of DV]</i>
1.5.2 Standing balances			
Body must be upright according to the definition of the element			
Deduction if body position is not upright	Upper body leaning forward/ arched $\geq 15^\circ$	Not upright body position ($>30^\circ$) <i>[Reduction of DV]</i>	
Upper body must be horizontal according to the definition of the element			
Deduction if upper body is not horizontal (Side balance, SBX05) or if body is above 90° (Scale sideways, SBX07)	Upper body above/ below horizontal, $\leq 15^\circ$	Upper body above/ below horizontal, $>15^\circ$ <i>[Reduction of DV]</i>	
Upper body must be sideways, and hip extended according to the definition of the element			
Deduction if upper body is not sideways or hip not extended (Scale sideways, SBX07)	Upper body twisted, not sideways $\leq 15^\circ$ Hip not extended $\leq 15^\circ$	Upper body twisted, not sideways $>15^\circ$ Hip not extended $>15^\circ$ <i>[Reduction of DV]</i>	
The whole body must be held in a static position for at least two seconds			
Deduction if gymnast is moving during the element	Body slightly moving, supporting leg not moving	Upper body and the free leg clearly moving, with the supporting leg stationary. <i>[Reduction of DV if not stationary for 2 sec.]</i>	Supporting leg moving to maintain the balance. <i>[Reduction of DV if not stationary for 2 sec.]</i>
Leg separation requirement must be fulfilled			
Deduction if leg separation requirement is not fulfilled	Leg separation too small $\leq 15^\circ$	Leg separation too small $>15^\circ$ up to 45° <i>[Reduction of DV]</i>	Leg separation totally missing $>45^\circ$ <i>[Reduction of DV]</i>
Legs must be straight according to the definition of the element			
Deduction if legs are bent (applies to both supporting and free leg)	Slightly bent legs $\leq 15^\circ$	Bent legs $>15^\circ$ up to 45° <i>[Reduction of DV]</i>	Totally bent legs $>45^\circ$ <i>[Reduction of DV]</i>

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Floor Execution Faults	Minor	Moderate	Major
Standing on tiptoes			
Deduction if not on tiptoes when required	Heel is touching the floor at some time during the balance element	Standing on whole foot/ lowering to the whole foot <i>[Reduction of DV if not on tiptoes for 2 sec]</i>	
1.5.3 Hand supportive balances			
The whole body must be held in a static position for at least two seconds			
Deduction if gymnast is moving during the element	Body slightly moving, hands not moving <i>[No reduction of DV]</i> Taking a step in a hand supportive balance <i>[Reduction of DV if not standing still for 2 sec]</i>	Taking several steps in a handstand. <i>[Reduction of DV if not standing still for 2 sec]</i>	
Arms must be straight, according to the definition of the element			
Deduction if arms are not straight	Slightly bent arms $\leq 15^\circ$	Bent arms $>15^\circ$ up to 45°	Bent arms $>45^\circ$ <i>[Reduction of DV]</i>
Shoulder angle must be straight, according to the definition of the element (not applicable to HBX06)			
Deduction if shoulder angle is not straight	Shoulder angle $>30^\circ$ and up to 45°	Shoulder angle $>45^\circ$ <i>[Reduction of DV]</i>	
Shoulders must reach or pass the vertical line of the fingertips (only applicable to HBX06)			
Deduction for shoulders not reaching or passing the vertical line of the fingertips		Shoulders do not reach the vertical line of the fingertips <i>[Reduction of DV]</i>	
Legs must be equal or above hip level, according to the definition of the element			
Deduction if legs are under the hip level	Leg/ legs visiting below hip level but stay for 2 sec. above it		Leg/ legs stay below hip level <i>[Reduction of DV]</i>

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Floor Execution Faults	Minor	Moderate	Major
Hands must be the only part of the body in contact with the floor according to the definition of the element (not applicable to HB201, HB801 and HBX06)			
Deduction if some other part of the body in contact with the floor			Other parts (than hands) of the body in contact with the floor <i>[Reduction of DV]</i>
Body must be straight, according to the definition of the element			
Deduction if the body is not straight (arched)		Body exceeding $>20^\circ$ <i>[Reduction of DV]</i>	
Body line must be horizontal, according to the definition of the element			
Deduction if the body line is not horizontal		Body line exceeding horizontal $>20^\circ$ <i>[Reduction of DV]</i>	
Legs must be straight, according to the definition of the element			
Deduction if legs are bent	Slightly bent legs $\leq 15^\circ$	Bent legs $>15^\circ$ <i>[Reduction of DV]</i>	
Legs must be together, according to the definition of the element			
Deduction if legs are separated	Leg separation $\leq 15^\circ$	Leg separation $>15^\circ$ up to 45°	Leg separation $>45^\circ$ <i>[Reduction of DV]</i>
Legs must be separated, according to the definition of the element			
Deduction if leg separation is too small	Leg separation too small $\leq 15^\circ$	Leg separation too small $>15^\circ$ up to 45°	Leg separation too small $>45^\circ$ <i>[Reduction of DV]</i>
No leaning on arms, according to the definition of the element			
Deduction if leaning on arms or hands			Leaning on arms or hands <i>[Reduction of DV]</i>
Hip angle must be according to the element definition			
Deduction for mistake in hip angle	Slight mistake in hip angle $\leq 15^\circ$	Mistake in hip angle $>15^\circ$ up to 45° <i>[Reduction of DV]</i>	Major mistake in hip angle $>45^\circ$ <i>[Reduction of DV]</i>

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Floor Execution Faults	Minor	Moderate	Major
1.5.4 Jumps / hops/ leaps			
Legs must be straight			
Deduction when legs are bent	Slightly bent legs $\leq 15^\circ$	Bent legs $>15^\circ$ up to 45°	Totally bent legs $>45^\circ$ <i>[Reduction of DV]</i>
Legs/knees must be together, according to the definition of the element			
Deduction if legs/knees separated	Leg/knee separation $\leq 15^\circ$	Leg/knee separation $>15^\circ$ up to 45°	Leg/knee separation $>45^\circ$ <i>[Reduction of DV]</i>
Leg separation requirement must be fulfilled, according to the definition of the element			
Deduction if leg separation requirement is not fulfilled	Missing $\leq 15^\circ$ of required leg separation	Missing $>15^\circ$ up to 45° of required leg separation <i>[Reduction of DV]</i>	Missing $>45^\circ$ of required leg separation <i>[Reduction of DV]</i>
Height of the free leg must be according to the element definition			
Deduction if free leg is too low	Missing $\leq 15^\circ$ of required leg height	Missing $>15^\circ$ up to 45° of required leg height <i>[Reduction of DV]</i>	Missing $>45^\circ$ of required leg height <i>[Reduction of DV]</i>
Hip angle must be according to the element definition			
Deduction if hip angle is not like required	Slight mistake in hip angle $\leq 15^\circ$	Mistake in hip angle $>15^\circ$ up to 45° <i>[Reduction of DV]</i>	Major mistake in hip angle $>45^\circ$ <i>[Reduction of DV]</i>
Body shape must be according to the element definition			
Deduction if errors in body shape	Minor errors in body shape	Errors in body shape	Significant errors in body shape <i>[Reduction of DV]</i>
Landing must be controlled			
Deduction if mistakes on landing	Slight mistakes on landing (e.g. a bit unbalanced with extra movements to continue)	Heavy landing (hard to continue to the next element)	
Landing in front laying support must be according to the definition			
Deduction if mistakes in landing in front laying support		No controlled support before whole body touches the floor, bouncing back from the floor	Body not horizontal before landing in front lying support. <i>[Reduction of DV]</i>

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Floor Execution Faults	Minor	Moderate	Major
Twisting must be completed in the air			
Deduction if twisting is not properly completed before landing, measured from the hip	Under or over rotation $\leq 45^\circ$	Under or over rotation $>45^\circ$ up to 90° <i>[Reduction of DV]</i>	Under or over rotation over 90° <i>[Reduction of DV]</i>
1.5.5 Acrobatic elements			
Arms and legs must be straight when required			
Deduction when bending arms and legs	Slightly bent arms/ legs $\leq 15^\circ$	Bent arms/ legs $>15^\circ$	
Shoulder angle must be straight when required			
Deduction when there is a shoulder angle	Shoulder angle $>30^\circ$		
Body shape must be according to the element definition			
Deduction if errors in body shape	Minor errors in body shape	Errors in body shape	Significant errors in body shape <i>[Reduction of DV]</i>
Landing of an acrobatic element must be balanced and under control			
Deduction when mistakes on landing	Slight mistakes on landing (e.g. a bit unbalanced and, extra movements to continue)	Heavy landing (hard to continue to the next element)	
1.5.6 Combinations			
Connection between two elements must be direct			
Deduction if there is a pause		Pause between the elements <i>[No combination value given]</i>	
1.5.7 Flexibility elements			
Legs must be straight			
Deduction if lack of extension	Slightly bent legs $\leq 15^\circ$. Feet not pointed.	Bent leg $>15^\circ$ up to 45° <i>[Reduction of the composition value]</i>	Totally bent leg $>45^\circ$ <i>[Reduction of the composition value]</i>

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Floor Execution Faults	Minor	Moderate	Major
Lack of flexibility			
Deduction if hip is not straight in splits	Hip not straight forward in splits	Hip is clearly twisted in splits	
Deduction if lack of leg separation in splits	Leg separation in splits/ side splits <180°	Leg separation in splits/ side splits <165° <i>[Reduction of the composition value]</i>	
Deduction if lack of leg separation in straddle pike sitting	Leg separation <90° in straddle pike sitting	Leg separation <75° in straddle pike sitting <i>[Reduction of the composition value]</i>	
Deduction if lack of flexibility in straddle pike sitting	Back is not straight when folding down in straddle pike sitting	Insufficient fold in straddle pike sitting, only shoulders touching the floor	Upper body (shoulders, chest, stomach) is not touching the floor during the straddle pike sitting fold <i>[Reduction of the composition value]</i>
Deduction if lack of flexibility in pike sitting		Chest not on straight knees in pike sitting fold <i>[Reduction of the composition value]</i>	
1.6. Dynamic execution			
There must be continuity in elements and flow in the program, no purposeless pauses. The whole body must be involved in elements			
Deduction when purposeless pauses, new energy created for next elements, no gravity and relaxation used. Missing flow in the program	Purposeless pauses Creating a new force for the element instead of using momentum from the previous element No flow		
Deduction if isolated arm and leg movements are performed or “frozen upper body”	Isolated arm and leg movements, “frozen upper body”		

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Floor Execution Faults	Minor	Moderate	Major
1.7. Amplitude and extension			
Elements and movements in floor program must be performed with optimal amplitude with visible extension			
Deduction if missing amplitude and/ or extension	Element performed constricted No optimal extension in elements, e.g. not pointed feet		
1.8. Balance and controlled execution			
The floor program must be performed with balance and control			
Deduction if lack of balance or control. For the specific deduction in Difficulty elements see section 6 in Appendix A5. Performance in difficulty and flexibility elements	Extra/ contra movements, slight stepping/ hopping/ jumping to maintain balance during the element/ movement	Significant correction hop/ step to maintain balance during the element (several steps or hand support)	
1.9 Wrong number of gymnasts			
There must be 8 to 10 gymnasts in a team and an equal number of male and female in a mixed team			
In case there are too few or too many gymnasts performing, or there are not equal number of male and female gymnasts in a mixed team, there will be a deduction. If after interrupting the program there are less than eight gymnasts on the floor, there will be no deduction for the wrong number of gymnasts			1.0
Deduction for wrong number of gymnasts			
1.10. Falling down			
If a gymnast falls from standing position to butt, back, stomach or side on to the floor or from hand supportive balance to back, stomach or side, the deduction will always be 0.3/ time/ gymnast. This does not mean e.g. coming down from balance too early, this deduction is only for a clear fall		0.3	
1.11. Line violations			
The floor programme must be performed inside the floor area			
Deduction if touching the floor outside the border markings	0.1		

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2 Tumble and Trampet

Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.1 Body Shape in Saltos (0.5)

Gymnasts can rotate in tucked/pucked, piked or straight shapes (as per the definitions).

Tucked, piked and straight body positions must be performed with clear and defined body shape with feet and legs kept together and the feet and toes pointed. Both hip and knee angles must be considered for body position deductions (see also Appendix 4 for body position definitions). Arms should be close to the body in the salto. It is possible to deduct for both head and feet errors.

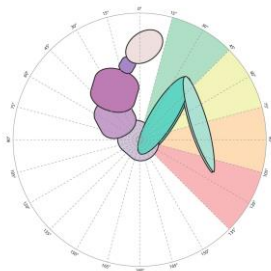
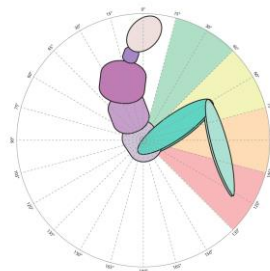
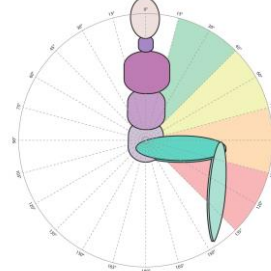
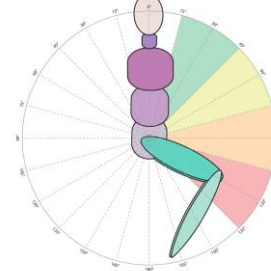
The pucked position is allowed when twisting more than 180° in double or triple saltos.

Take off for forward somersaults is from vertical to the first 135 degrees of rotation. Take off for backward somersaults is from vertical to the first 90 degrees of rotation.

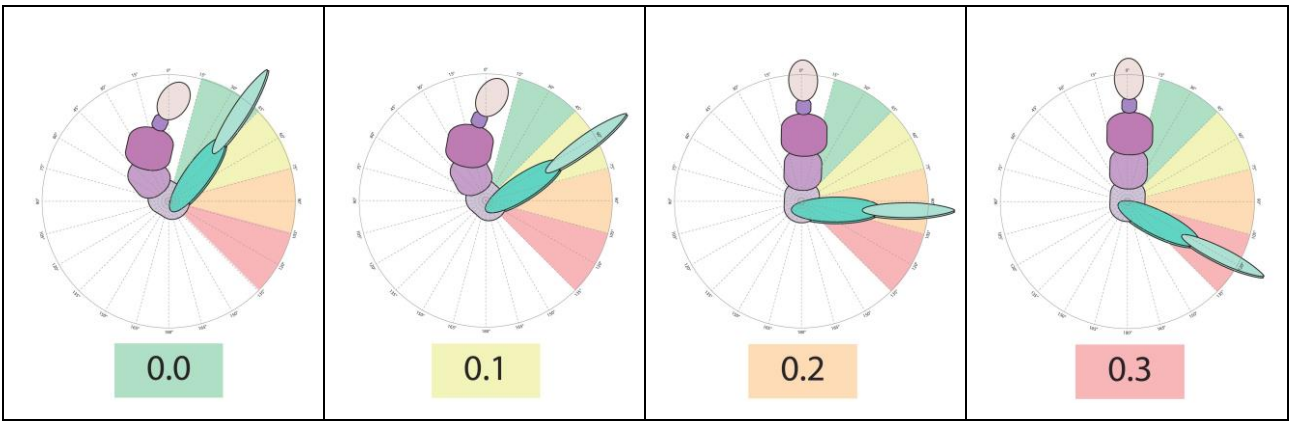
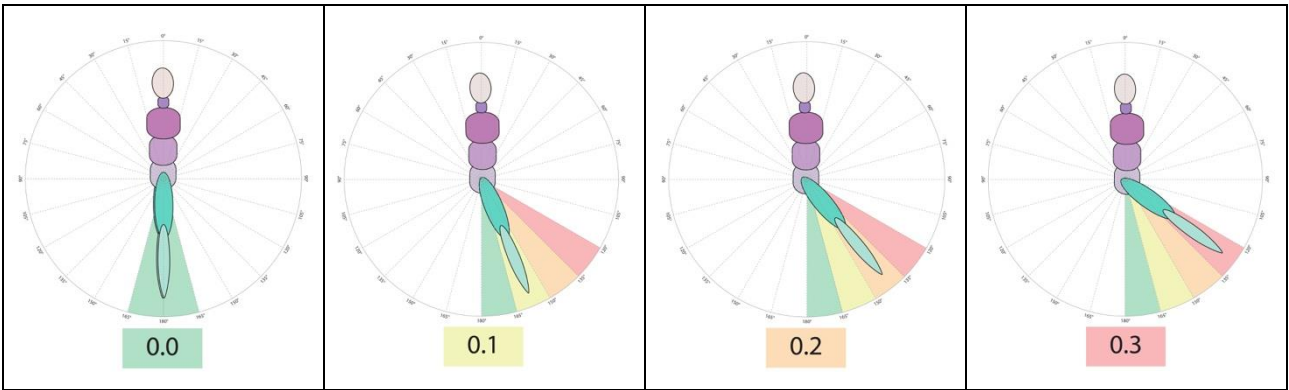
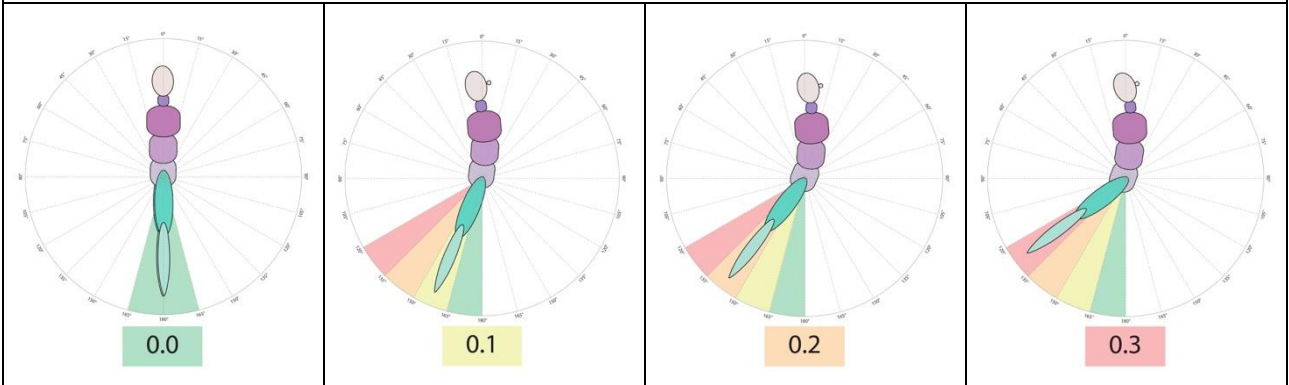
There are no shape deductions during take-off or preparation for landing phases within the defined ranges. Between take off phase and preparation for landing phase is the 'flight phase'.

There is one deduction for the shape of the salto based on the quality of shapes shown during the flight phase.

- Hip and knee angle faults	per gymnast / element	X	X	X
- Split/crossed legs		X	---	---
- Head errors		X	---	---
- Feet errors		X	---	---
- Arms not close to body and axis of rotation in twists		X	---	---

 0.0	 0.1	 0.2	 0.3
Tucked position			

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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
 <p data-bbox="754 696 922 730">Piked position</p>				
 <p data-bbox="740 1167 936 1200">Straight position</p>				
 <p data-bbox="740 1619 936 1653">Straight position</p>				

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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.2 Twisting (0.3)

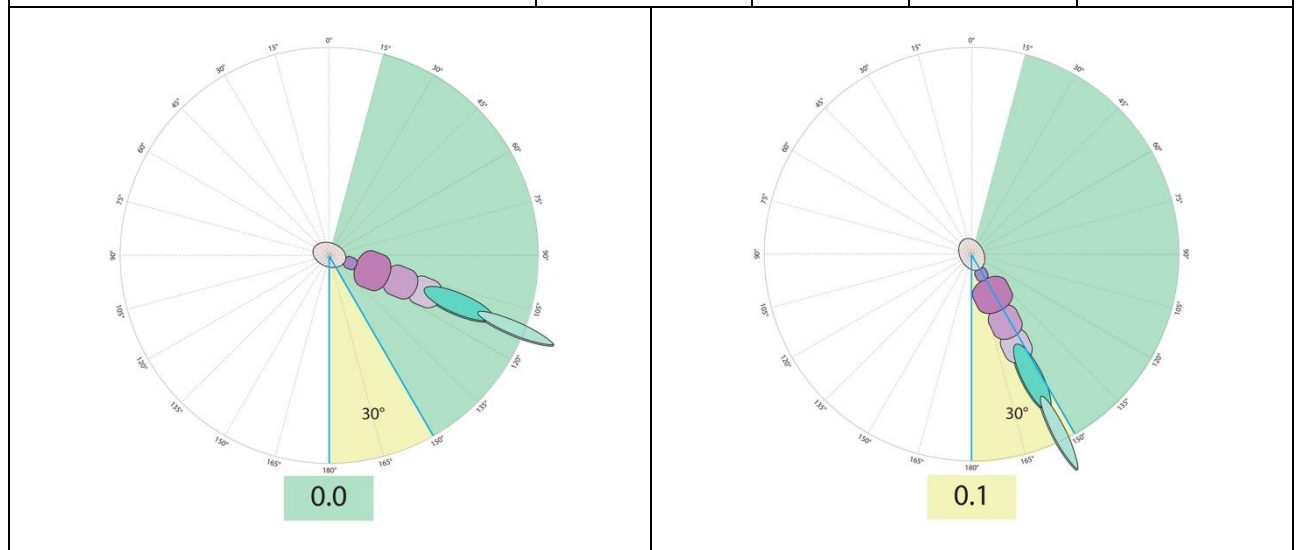
The take - off phase must be clearly shown and the twist must be completed in due time before landing (at latest 30° from vertical). A combination of the deductions could be given up to the maximum 0.3.

<ul style="list-style-type: none"> - Starting the twist too early - Finishing the twist too late in the air - Under or over rotating the twist when landing 	per gymnast / element	X	X	---
		X	---	---
		30° - 45°	45° - 90°	---

2.3 Extended body position before landing (0.2)

Before landing, the gymnast must show an extended body position (last element in tumble). A clear opening/extension is required from tucked and piked positions. This is preferably at horizontal or earlier, but at the latest 30° from vertical. If the extended body position is reached earlier, it must be kept until at least horizontal position. After showing the extended position, it is allowed to prepare for landing (at horizontal at the earliest). As a guide, no more than 30° angle in the hip/knees are allowed.

<ul style="list-style-type: none"> - Late opening / early opening but not kept until horizontal position - No opening 	per gymnast	X	---	---
		---	X	---



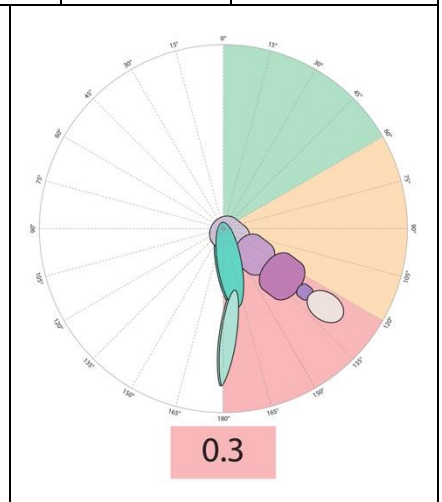
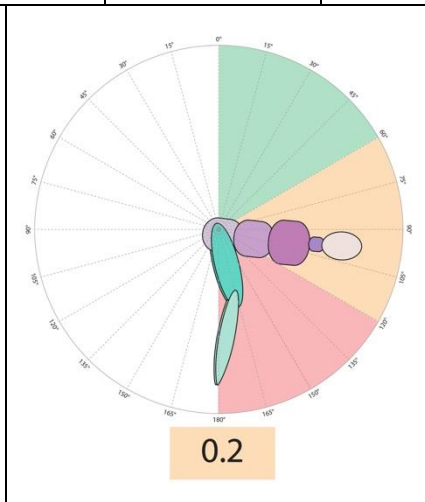
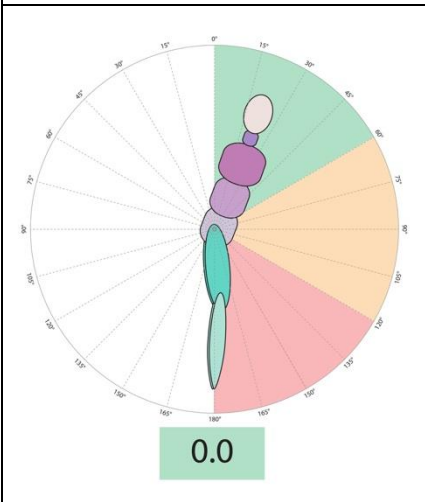
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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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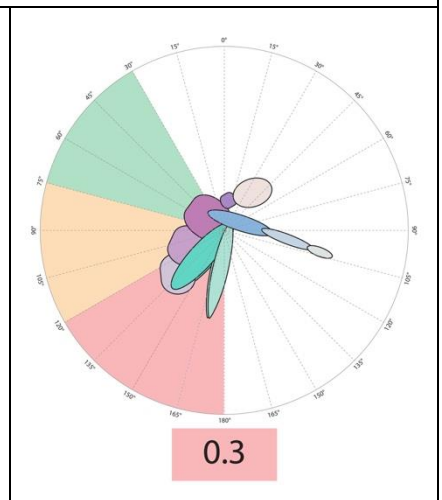
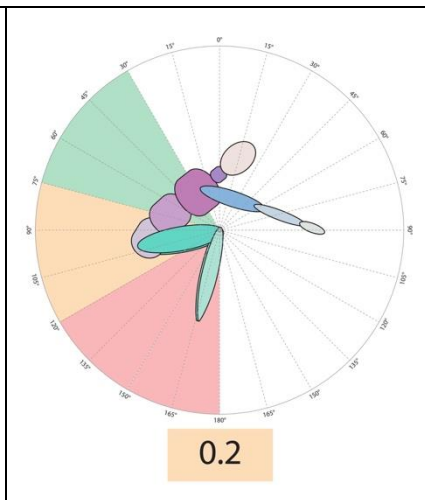
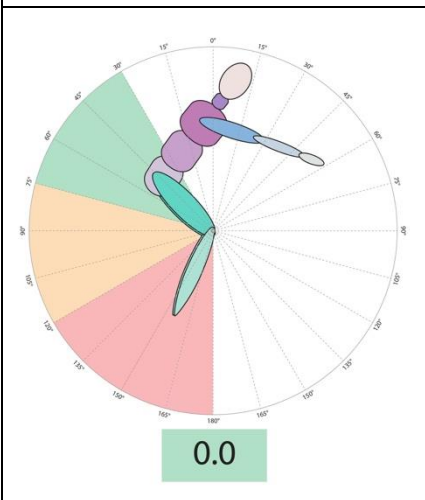
2.4 Landing Position (0.3)

The body position at landing must be almost upright. Some bending of the knees (<90°) and some bending at the hips (<90°) is allowed.

- Leaning position	per gymnast	---	X	X
- Hips/knees bending $\geq 90^\circ$ up to a deep squat		---	X	X



Guide for leaning position deductions



Guide for deductions when bending in the hips and knees

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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.5 Control in Landing (1.5)

The landing must be controlled and may continue moving in the direction of tumble, under control. Light touching (with hand or knee) means that the gymnast has contact with the mat without supportive weight on his hand or knee. Touching with any part of the soles of both feet is defined as the limit of landing feet first. The sole means the bottom part of your foot, especially the part you walk or stand on. This includes the underside of the toes.

- Loss of control		---	X	---
- Light touching with one hand/one knee		---	---	X
- Light touching with two hands/two knees	per gymnast	---	---	0.5
- Falling (sitting, rolling, etc.)		---	---	0.8
- Not landing feet first (no DV)		---	---	1.5

2.6 Coaches' Actions (1.5)

A compulsory coach standing in is only there to react in case of dangerous situations, not to draw attention to themselves. The coach is there to avoid injury to the gymnasts and not to stop gymnasts from falling over. All supportive actions that touch the gymnast are deductible.

Coaches can pull a gymnast out of the path of other gymnasts without deduction, providing the gymnast has first secured their landing. If the gymnast accidentally bumps into the coach after landing but the coach is passive and does not correct the gymnast's balance, there is also no deduction.

There is a difference between support and helping the gymnast to achieve the element.

The maximum deduction for helping the gymnast to achieve the element (1.5) is only applied in situations when the coach(es) is deliberately helping the gymnast to achieve the element.

The deduction is given when the gymnast would not be able to perform the element with a credited D value without the support of the coach or the coach preventing the element from becoming invalid.

This is for example when

- Providing the necessary power when under-rotating or missing height otherwise would lead to not landing feet first
- Supporting early*, primarily in double saltos (including TSU), to perform the element for the gymnast

* The support is most often provided in the first salto or just after the lift off the floor or the vault.

The 1.5 deduction is not taken when the coach is supporting, but the gymnast is anyway landing not feet first. In this case the 0.8 deduction is taken.

- Supportive action that touch the gymnast		---	---	0.8
- No action in dangerous situation, mainly in case of serious injury risk (neck, back, spine)	per gymnast / each time	---	---	1.5
- Helping the gymnast to achieve element (no DV)		---	---	1.5

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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.7 Streaming (0.1)

Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time. On Tumble the next gymnast is not allowed to start the first element until the previous gymnast has completed the last element.

- Irregular streaming/ lack of streaming	per gymnast each time	X	---	---
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2.8 Jogging back together between Rounds (0.4)

Gymnasts must jog back to the run up after each round. They must return together

- Not jogging back	per team for each round	---	---	0.4
- Not returning together		---	---	

2.9 Special deductions

2.9.1 Running through (3.0)

In case a gymnast is running through without performing any valid elements there will be a deduction (e.g. triple salto with blind landing on trampet). In this case, there are no other execution deductions taken.

- Running through	per gymnast	---	---	3.0
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2.9.2 Wrong number of gymnasts (3.0 per missing/extra gymnast)

In case there are too few or too many gymnasts performing or there are not three male and three female gymnasts in a mixed team, there will be a deduction

- Wrong number of gymnasts				
More than 6 or less than 6 gymnasts	per wrong number of gymnasts	---	---	3.0
More or less than 3 men and less or more than 3 women in the mixed team		---	---	

Examples: 2 men and 4 women will be deducted $1 \times 3.0 = 3.0$ (one woman should be replaced by a man)
 5 men and 1 woman will be deducted $2 \times 3.0 = 6.0$ (two men should be replaced by two women)
 3 men and 2 women will be deducted $1 \times 3.0 = 6.0$ (one gymnast/woman is missing)

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3 Tumble

Tumble Faults	Application	0.1	0.2	0.3 or more
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3.1 Body Shape for elements other than saltos (0.2)

Elements like round off, flic flack and handspring (not the saltos) must be performed with a clear and defined body shape, with feet and legs kept together when appropriate, as well as feet pointed. It is possible to deduct for both head and feet errors.

- Hip and knee angle faults	per gymnast / element	X	X	---
- Split/crossed legs, feet or hand errors		X	---	---
- Arms bent (>90°)		X	---	---
- Head and shoulder errors		X	X	---

3.2 Momentum (0.3)

The gymnast must keep the momentum until the final landing. The kinetic energy can be transferred between rotation, speed and height. Loss of momentum is deducted from minor to major, maximum deduction 0.3 is applied when the gymnast is almost standing still.

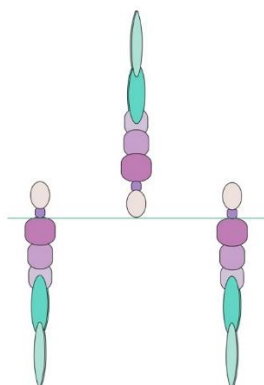
- Loss of momentum	per gymnast	X	X	X
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3.3 Height of the Final Salto Forwards (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a straight salto.

The height of the salto should be no lower than the shoulder height of the standing gymnast when the body is upside down at the highest point. The standing height is measured from the top of the landing mat.

- Too Low	per gymnast / element	---	X	---
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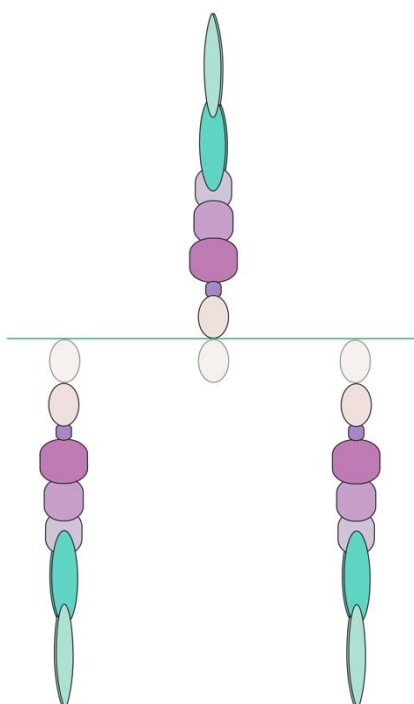
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Tumble Faults	Application	0.1	0.2	0.3 or more
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3.4 Height of the Final Salto Backwards (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a single straight salto. For double and triple saltos the same height applies for the centre of gravity of the gymnast.

- Too Low	per gymnast	---	X	---
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3.5 Length of the final Salto (0.1)

The maximum length of the salto, is the height of the salto.

- Too long	per gymnast	X	---	---
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3.6 Landing the last element in the landing area (0.3)

Gymnast must land the last element in the landing area. The tape connecting the landing area to the tumble track is part of the landing area. At least part of both feet must be present in the landing area.

- Not landing the last element in the landing area	per gymnast	---	---	X
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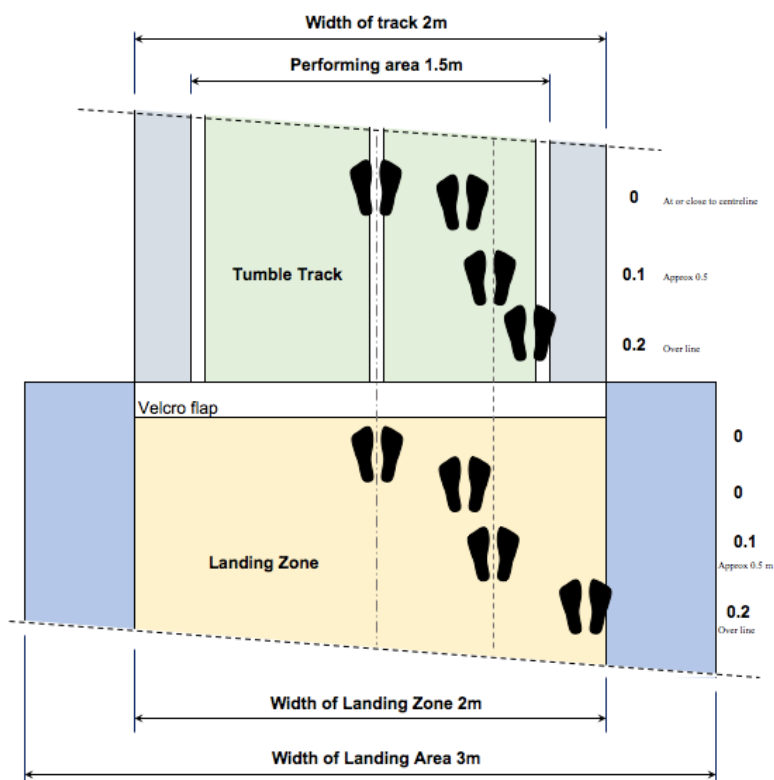
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Tumble Faults	Application	0.1	0.2	0.3 or >
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3.7 Performing along the Centre Line (0.2)

Elements should be performed along the centre of the track and landing area. The deduction could be taken both when deviating on the track and on the landing area (max 0.2).

- For not performing along the centre line	per gymnast	>0.5 m	Outside the performing area or Landing Zone	---
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3.8 Special deductions (2.0)

In case a gymnast is performing fewer valid elements than required (usually three) in the series, there will be a deduction. In the junior competition, where one round may contain only two elements, the deduction for missing element is based on having less than two elements in that round.

- Missing element in the series	per missing element	---	---	1.0
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4 Trampet

Trampet Faults	Application	0.1	0.2	0.3 or >
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4.1 Contact with the vault (0.6)

At the point of leaving the vault there should be extension in the body, including legs, shoulders and arms. This is deductible if less than 135° in any of the joints (knees, hips, shoulders, arms).

There must also be a visible lift from the hands off the vault. No lift off or just touching the vaulting table with hands will receive a maximum deduction.

Blocking in the handspring/Tsukahara allows a change from the horizontal speed to upward direction providing height. The centre of gravity of the body is lifted and the path the body will take is changed.

- Not extended body position	per gymnast	---	X	---
- Lack of lift off the vault		---	X	---
- No visible lift off the vault		---	---	0.4

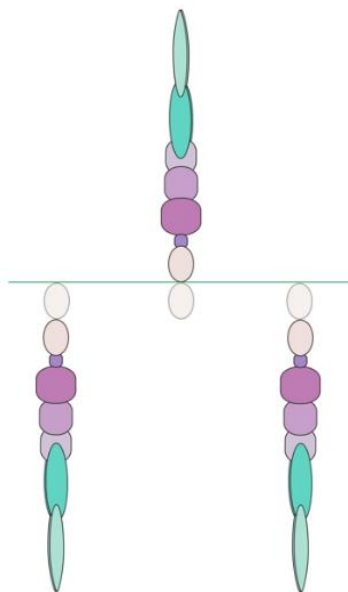
4.2 Height of the Salto (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a single straight salto. For double and triple saltos the same height applies for the centre of gravity of the gymnast.

Saltos should be above the top of the gymnast's standing head height, plus one head. The standing height is measured from the top of the landing mat.

The height requirement is valid for elements both with and without the vaulting table.

- Too Low	per gymnast / element	---	X	---
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Trampet Faults	Application	0.1	0.2	0.3 or >
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4.3 Length of the Salto (0.1)

The maximum length of the salto, is the height of the salto. The length requirements are valid for elements both with and without the vaulting table.

- Too Long	per gymnast	X	---	---
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4.4 Landing on the Centre Line (0.2)

Elements should land on the centre line of the landing area.

- For not landing along the centre line	per gymnast	>0.5 m	Outside the Landing Zone	---
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